THE SATURDAY EVENING POST

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Jan./Feb. '92

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The Return of Gone With the Wind

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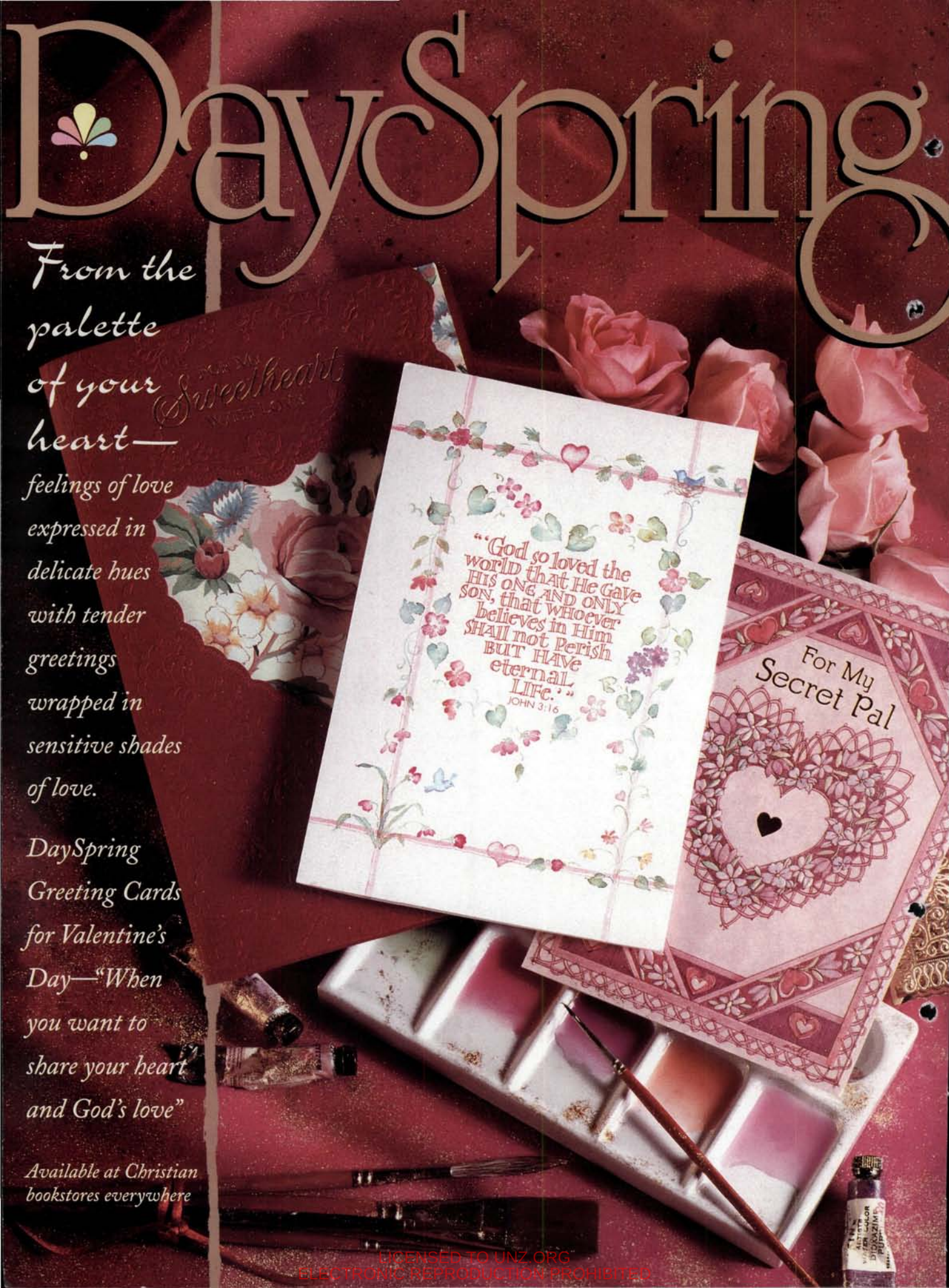
Sweetheart
"God so loved the world that He gave His one and only son, that whoever believes in Him shall not perish but have eternal life."
JOHN 3:16
For My Secret Pal

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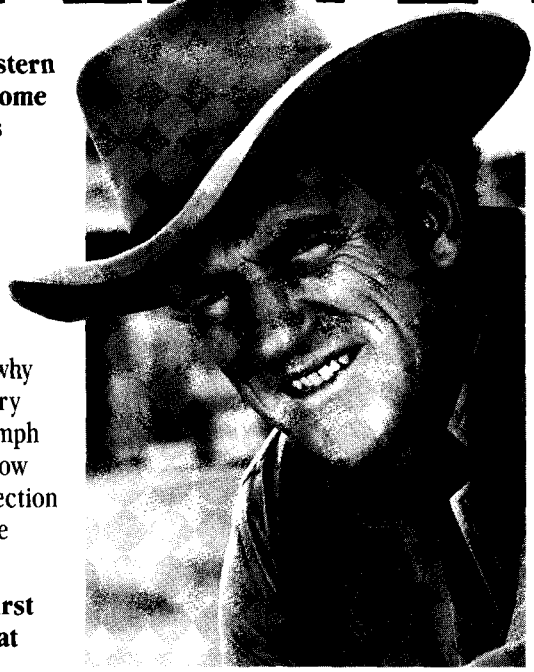

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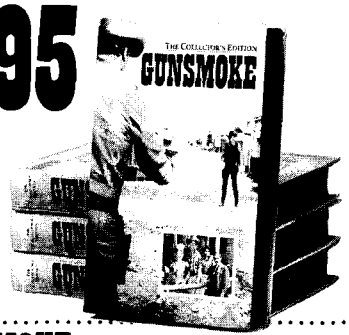

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Dept. HEP

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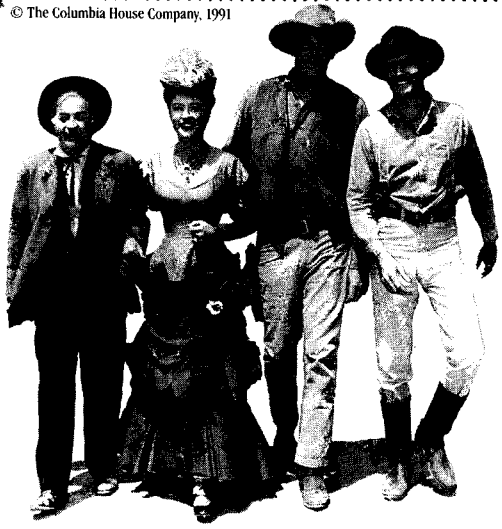

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Legendary Kate Hepburn—reflects on her life, her loves, and her craft. 40

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(Cover photograph by John Bryson/Sygma)

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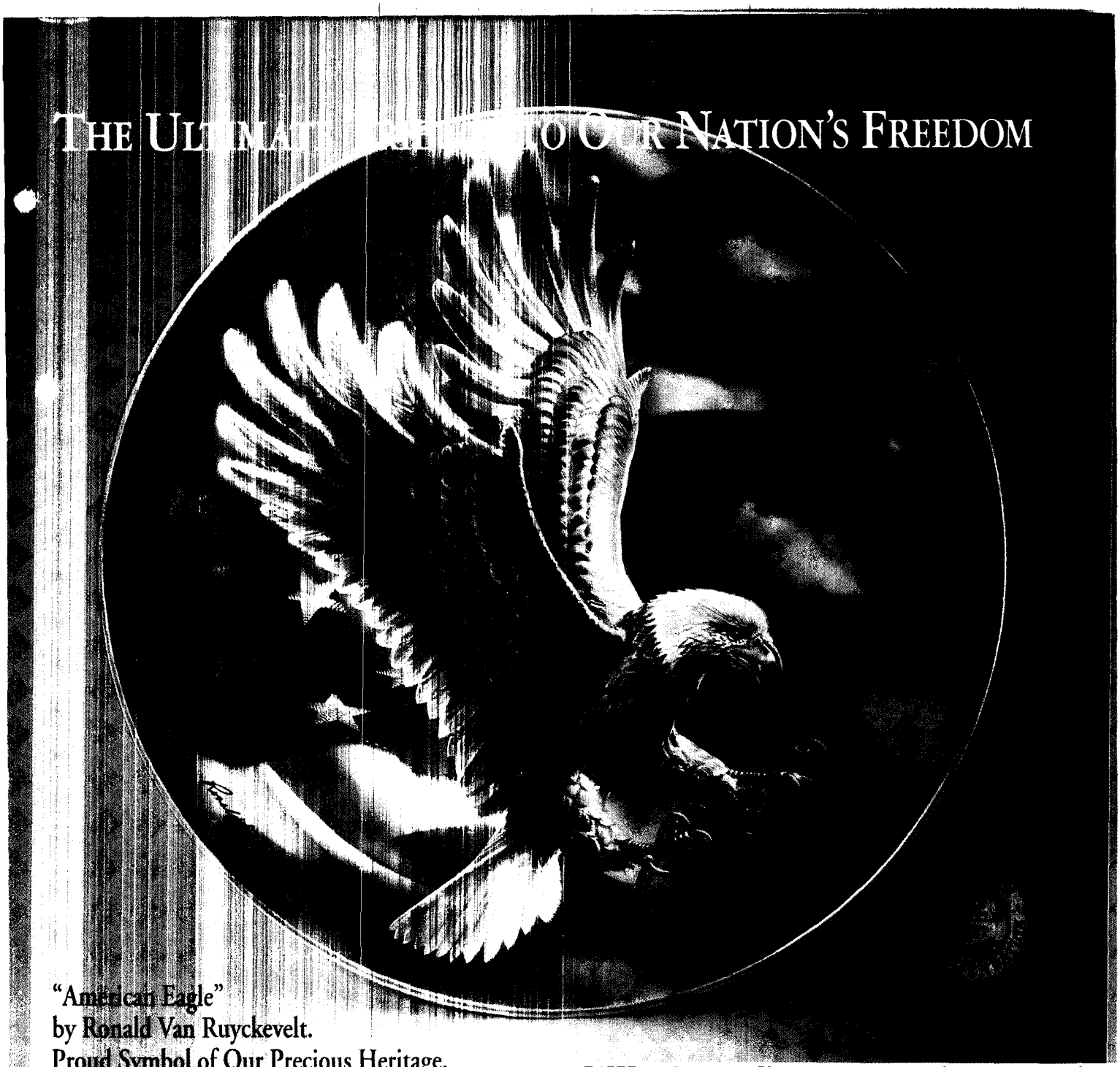

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Building a Better Body—isn't just for the young: All ages can benefit from strength training. 78

Gone With the Wind—A long-awaited sequel continues the Southern saga. 36

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Recipes for Reversing Heart Disease—borrowed from the Seventh-Day Adventists, America's healthiest denomination. 26

Letters

Just Say Wen

Several decades ago I absolutely detested grammar, English, and related subjects. As priorities go, this was at the very bottom of the list of subjects and, as one would expect, my grades reflected this preference.

In later years, however, circumstances led me throughout 49 of our states and much of western Europe. This exposure to various cultures, traditions, and languages has brought about a much greater appreciation of our language and its evolution.

I have almost become obsessed with this subject now and have collected quite a few texts on language and etymology, to say nothing of hundreds of articles clipped from papers and periodicals.

The piece by Wen Smith, "It's Only Me," which appeared in the Sept./Oct. issue, is the type of article that turns me on, and it immediately became a piece of my collection. The author's excellent approach to the proper use of just a few words, enhanced by the artwork, almost makes this a classic work by itself.

I hope that this will become the first of many such articles, for it can only serve to increase the interest and understanding of our rich linguistic heritage for thousands of your readers.

Harry Lischer, Jr.
Crestwood, Missouri

Being one who has always been interested in the meaning and usage of words, I got a lot of pleasure from Wen Smith's articles. I look forward to seeing more of them.

I have been a reader of *The Saturday Evening Post* since it sold for 10 cents, or was it 5?

Mable Longwell
Santa Monica, California

I enjoyed Wen Smith's article in the Sept./Oct. issue of the *Post*. The phrase "It is I" has nothing to do with the origin of our language, either Latin or French. It is strictly a matter of grammar. The verb *is* is intransitive and therefore cannot take an object. Therefore we use the nominative form of I. *Me* is the objective case and therefore would be incorrect.

The "dog bites man, man bites dog" is not the proper analogy. The verb *bites* is a transitive verb and can take

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an object, either man or dog, depending on who does the biting.

A grammarian of the old school.

Violet Greever
Salina, Kansas

Somewhere Over the Rainbow

I truly enjoy the magazine and it is read from cover to cover. Because of the choice of articles and advertising, it is always put on top of the coffee table.

It did my heart glad to see the Rainbow vacuum advertised on the inside of the back cover of the Sept./Oct. '91 issue. I have been married for 47 years and always considered myself a good housekeeper. This last spring Julie Newman demonstrated this fantastic piece of equipment and I decided all these years I have been just redistributing the dust in our home.

Hope many of your readers will take advantage of the demonstration.

Orletha Windsor
Santa Rosa, California

I read with interest Michael Allen's article on dust mites in the Sept./Oct. issue. I suffer from numerous allergies, including those to dust mites. Recommending the Rainbow vacuum will be of help to many; however, the price of the system may be prohibitive for some. I use the Princess II vacuum cleaner by Heath-Mor, Inc.

This vacuum does not use water as the Rainbow does. The Princess II has dual filters and filters particles to a .02 micron size and is very helpful for controlling the environmental allergens. The dust is not blown back into the air as with conventional vacuums. Also, the cost of the Princess is about half that of the Rainbow. Another benefit of the Princess is that it can be set up in a room to filter the air. I believe the Rainbow can be used in this way also.

Wendy Fisher
Oneonta, New York

Keen on Costner

Sitting in the waiting room at the doctor's office, I've become a *Saturday Evening Post* fan! The magazine is refreshing! Please sign me up!

The article on Kevin Costner is just inspirational. In my book he is truly an admirable man. Coming from the plains of South Dakota where *Dances* was filmed, I want to thank Kevin for giving myself and many "Dakotans" a new appreciation for the simple, breathtaking beauty of our state.

The story covering Kevin's life, family, and career is a story we can all learn from and cherish: Be simple and be yourself.

Yvonne M. Campbell
Lemmon, South Dakota

Just What the Doctor Ordered

The exercise prescription that was printed in "Medical Mailbox" in the Nov./Dec. issue was of great interest to me. For those who weren't able to see it, could you reprint copies of the prescription? We would like to give them out to all of our friends in the retirement village where I work.

Marcia Wilson
Annetcka, Illinois

For an invitation to the Saturday Evening Ball, see page 62. If you can't make it to our ball, but love to dance, call the U.S. Amateur Ballroom Dancers Association at its toll-free number: 1-800-447-9047. The association will gladly refer you to its dance chapter nearest you.

Editor's note: We've printed several thousand copies of prescription forms to be passed out at retirement villages so that residents can ask their doctors to prescribe appropriate exercise. The symbol Rx is abbreviated from Latin and means "take thou." Patients, "take thou this cardiovascular exercise." It is more important than many medicines that doctors can prescribe. Anyone wishing copies of these prescription blanks should write to Exercise Prescriptions, P.O. Box 567, Indianapolis, IN 46202.

Post Makes the Grade

I was in elementary school in New Jersey when your cherished magazine was only 5 cents a copy each week and it was about twice its present size; though it is now only about half the size at $2.25 and now only published every other month it is still of great value and interest to me.

When I was in elementary school I wrote a story about each cover every

Rx

Your doctor, M.D.
His / Her address
Your town, U.S.A.

DATE: _____

Exercise Prescription

NAME: _____

Cardiovascular / Aerobic

❑ Walking	❑ Bike	❑ Stair climber
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❑ Jog/Run	❑ Racquetball	❑ Golf (no cart)
❑ Water aerobics	❑ Tennis (singles)	❑ Weight training
❑ Aerobic dance	❑ Tennis (doubles)	❑ Rollerblading
❑ Jump rope	❑ Downhill ski	❑ Softball
❑ Ice skating	❑ Cross-country ski	❑ Basketball
❑ Roller skating	❑ Squash	❑ Volleyball

❑ Other _____

Daily exercise duration: ❑ 1/2 hour ❑ 1 hour ❑ Other _____

_____ **M.D.**

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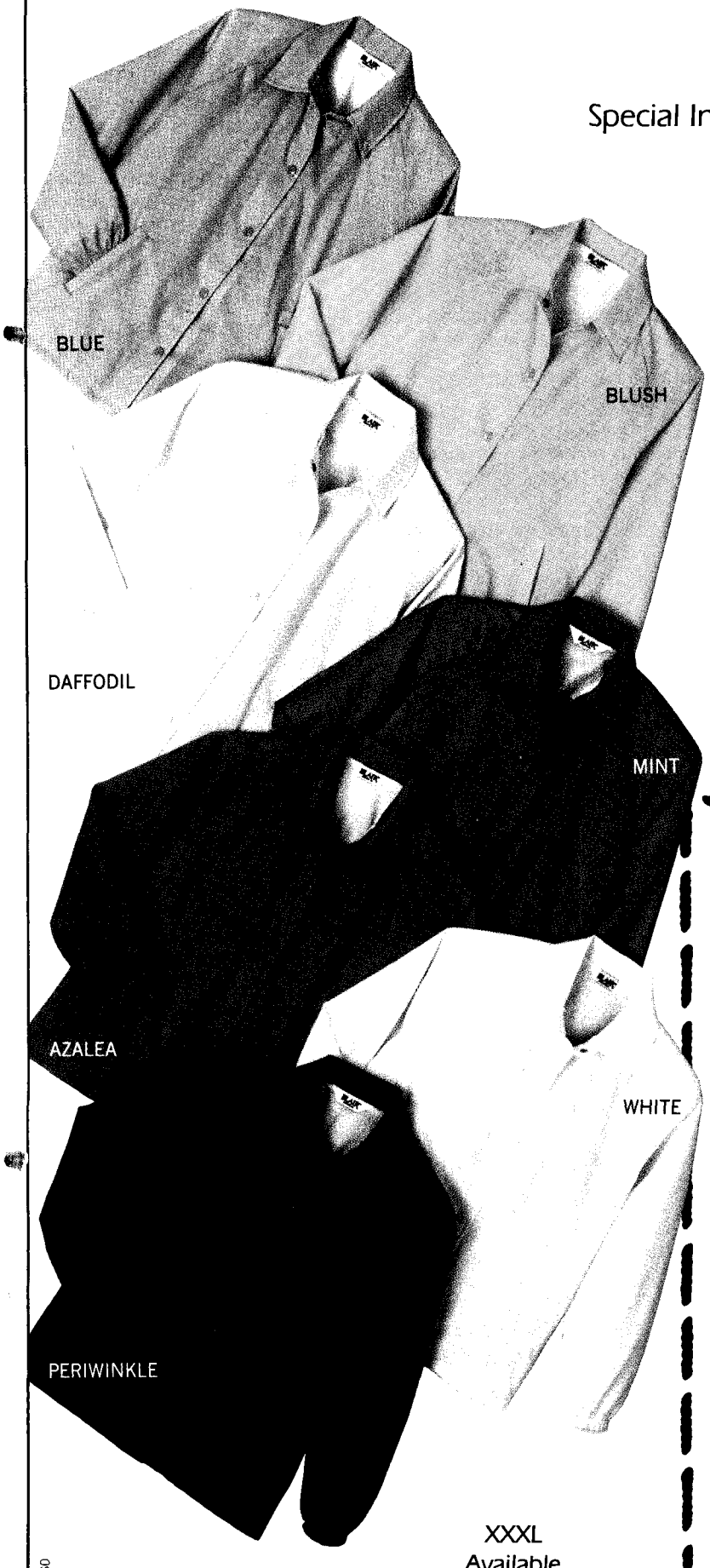

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week as school assignments, even receiving an "A+" grade on the Norman Rockwell covers, like the one in the July/August '91 issue, "For Sale." The former one made me cry in 1914. I am now 85 years old.

Rev. Dr. Lewis Hanson
Bryan, Texas

Mad for Maynard

Maynard Stoddard's "On the Farm" was hilarious. One has to have lived on a farm with a husband who "did it all"—no helpers—to really appreciate this story.

Cordelia H. Becker
Mt. Carroll, Illinois

Broadening Colitis & Crohn's Awareness

On behalf of everyone at the Crohn's & Colitis Foundation of America, I want to expess my deepest gratitude for the article "Marvin Bush: I'm Lucky to Be Alive" that appeared in the July/August issue of the *Post.*

Please let Carol Krucoff know that she handled the discussion of Crohn's disease and ulcerative colitis with great clarity and presented the story with exceptional sensitivity and understanding. This excellent story certainly has gone a long way toward educating the general public about these debilitating diseases. Every day the foundation receives letters and phone calls asking for additional information based on this article.

Once again, we extend our most sincere appreciation to *The Saturday Evening Post* for helping to broaden Americans' awareness of CCFA and the services we provide.

Barbara Boyle
National Executive Director
Crohn's & Colitis Foundation
New York, New York

Positive Response to Prostate Cancer Article

I wish to thank you for printing the article, "A Profile of Prostate Cancer."

We have been attempting to do some education of the people that we know about the subject and that every man over 40 should have a PSA test. My cancer of the prostate was missed in California and was detected at the University of Minnesota with the use of the PSA and found in the very early stage, so that it could be removed and cured.

I would like to have this information forwarded to the writer, Dr. Dittman. He would be interested in how we tried to educate the doctors who missed the detection of the prostate cancer, because they did not use the PSA blood test. Their response was that they were going to review it. This is very difficult for one to understand when there is only a year to go before it is too late to do anything about it.

We really appreciate the printing of this article; education of the people is very important on such an important subject. A special thanks to Dr. Dittman for writing the article.

John H. Gissel
Irvine, California

Sharing Life with the *Post*

I thought you'd like to see what my studious granddaughter does to entertain herself in the back seat of the car when we go shopping. I couldn't resist snapping a picture.

Betty Ostman
Magalia, California

Yew Were Wrong

In your September/October '91 issue of *The Saturday Evening Post* there was a story on taxol by Carol Krucoff. In the September 6 edition of our local paper, *The Oregonian*, there was a more enlightening article about the harvesting and production of taxol here in our state.

The author seems to have not been well advised on the abundant availability of taxol from our common Pacific yew trees. She mentioned that "taxol has been available only in small amounts from the bark of our Pacific yew trees"—so incorrect.

Going fishing our Labor Day weekend we walked for miles through the Cascade Mountains and the Pacific yew was so abundant there, growing in the shaded undergrowth of the evergreen forests.

Why would one want to snip up trimmings of the small English yew trees when there are so many Pacific yew trees available and being harvested in large quantities—using only the bark?

Loyd Schaad
Portland, Oregon

"You're right—these are INCHES!"

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Reflections

by Lee Teter

DEALER INQUIRIES WELCOME

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The Vietnam Veterans of America present the inspirational art print "Reflections" by Lee Teter which gives visual definition to the purpose and meaning that "The Wall" has for Americans – not just a list of faceless names, but a place to visit and remember people we love, who fought for each other and America.

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A Prince of a Place

Tom and Joanne O'Toole don't begin to tell half the story of Prince Edward Island, although I enjoyed the article very much and it brought back many happy memories.

In the 1960s, my husband and I drove by car from New Hampshire through Maine and New Brunswick to Cape Tormentine; then boarded the ferry with our car and docked at Summerside. The ferry was the *Abegweit*. Driving off the ferry we shopped in Summerside and saw our first mall with all stores under one roof but lined up like stalls.

We purchased some English china and had a long conversation with the salesgirl ending with an invitation to her home for dinner, never having seen us before! That's how friendly they are!

Oh, yes, it's paradise. I advise everyone to take a trip to Prince Edward Island. The people are wonderful and the scenery is gorgeous.

Mrs. Daniel Kiernan
Laconia, New Hampshire

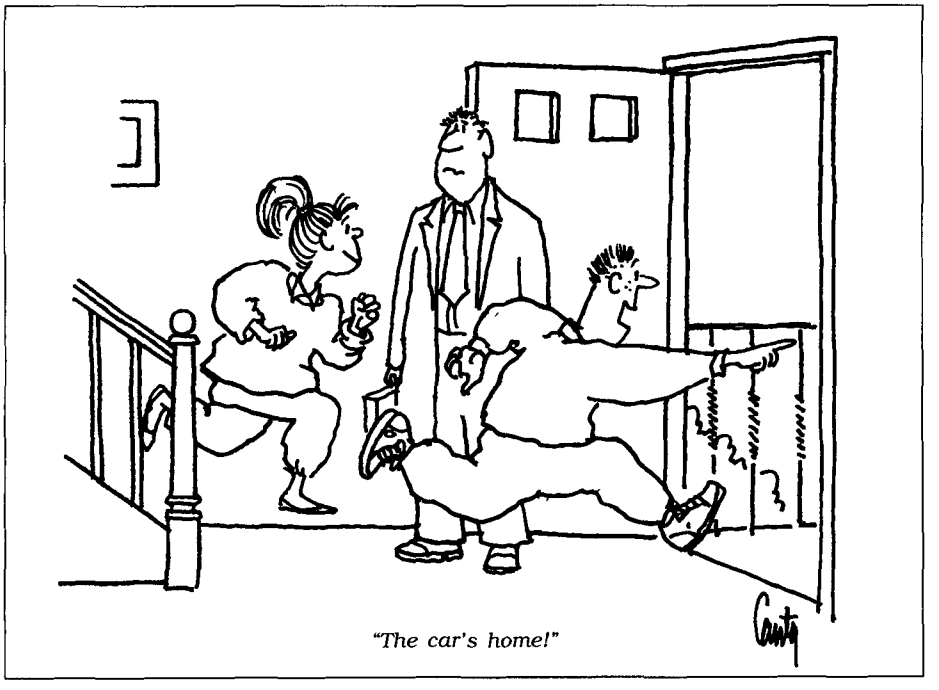
Picture Those Covers

After many years I've again started to subscribe to the *Post* but I miss your lovely picture stories on your covers. Your magazine brought back many memories with the articles "American Illustrators Hall of Fame" and "The Art of the Game" in the July/Aug. and Sept./Oct. issues. I wonder why you stopped doing that.

Covers with a story attract the attention and make it more enjoyable and should sell more magazines. Pictures of a face without a story is what most all magazines do and it doesn't have the appeal as yours used to do.

I still have covers from the early days (1930-50) in my teacher's file. Each of them is a gem to keep and enjoy. Why not be creative like you were before and put a picture story on your covers again?

Ruth Ann Donelson
Flint, Michigan



"The car's home!"

A Grave Matter

Regarding your article about the Bill of Rights entitled "Flag-Waving Philly" in the May/June issue:

The first paragraph ended with "and other basic liberties we take for granted." It should have read "of which many of us take advantage."

Little did the preparers and signers of this wonderful document dream what it would come to. They are probably turning in their graves.

Margaret Glenn
Mertztown, Pennsylvania

Granting a Request

This is in reference to the article in the Nov./Dec. issue about Amy Grant. As we have a relative with the same name I should like to ask her about her family. Will you be able to tell me how to get in touch with her, please?

As kids of a "poor Baptist minister" we all took turns making extra pennies getting subscriptions to the *SatEvePost* back in the 1920s when living in St. Johnsbury, Vermont, and other places. It has always been a very special magazine to all of us with all the Norman Rockwell pictures, the Post Scripts, cartoons, and articles.

Eleanor Raymond
Rice Lake, Wisconsin

As an educator in a junior high school, I was quite pleased when I discovered Amy Grant gracing the cover of your magazine. How refreshing she is in this day of "hard to find" role models.

My own eight-year-old daughter is one of her greatest fans. I have a letter written to Amy Grant from my daughter April but no address. It would certainly make mine and April's day if you could provide me with Amy's address.

Joy Leatherwood
Pearcy, Arkansas

Editor's note: You can reach Amy Grant by writing her in care of the Publicity Department, A&M Records, 595 Madison Avenue, 32nd Floor, New York, NY 10022.

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© 1936 The Curtis Publishing Company

11" x 14" frame not included.

Weighty Matters

When it came to marketing, Grandma really knew how to throw her weight around. But the butcher could put his finger on a couple of handy tricks himself—so it's up in the air in whose favor the scales finally tipped.

This whimsical balancing act was first painted in 1936 as a cover for *The Saturday Evening Post.* Now this wonderful scene has been reproduced on artist canvas and is available for your pleasure.

Although this 11 x 14 print is perfect for your kitchen decor, it will add a touch of humorous warmth to any area of your home. Suitable for framing, it's a great gift-giving idea for house-warmings, showers and birthdays.

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92A

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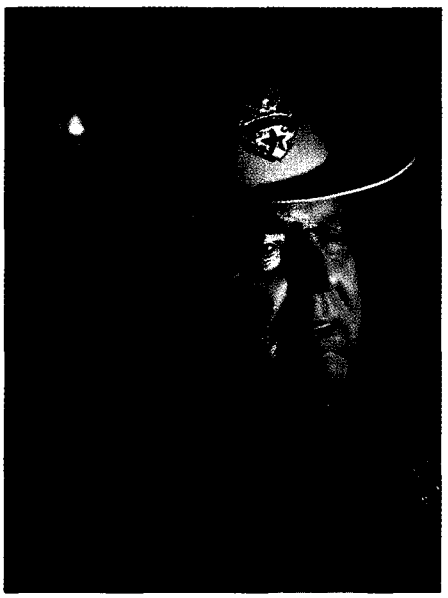
Post People



Carroll O'Connor, as arch-conservative Archie Bunker, tried to lay down the law. Now, as chief of police in "In the Heat of the Night," he is enforcing it.

To take a line from the opening of his earlier television triumph, "All in the Family," these are the days. With O'Connor as co-executive producer and story editor as well as star, his new series has enjoyed critical raves and ratings success, hitting the Nielsen top 20 for the past three seasons. In the process, O'Connor has also added an Emmy to his trophy-lined mantel.

Today, after sextuple-bypass heart surgery and a gallbladder operation, he doesn't mind boasting that he is in great shape, shedding 30 pounds and keeping fit by walking and riding a stationary bike. But that seems to be the only thing stationary in O'Connor's current lifestyle. On location in Georgia, he even has a treadmill in his office. ♜

Dick Clark, who admits to 62, has been called "America's oldest living teenager." But after 30 years of emceeing "American Bandstand," two years of "The Dick Clark Saturday Night Show," co-hosting "Bloopers and Practical Jokes" with Ed McMahon, hosting beauty pageants and award shows, producing 200 television specials and 20 movies, authoring six books, and hosting game show after game show, one would think that the wear and tear would begin to show.

So why doesn't it?

The answer may be of interest to couch potatoes everywhere. Dick Clark keeps fit by exercising, lifting weights, and swimming. He keeps his face youthful by using, as he confesses, "moisturizers, creams, and all those things women use."

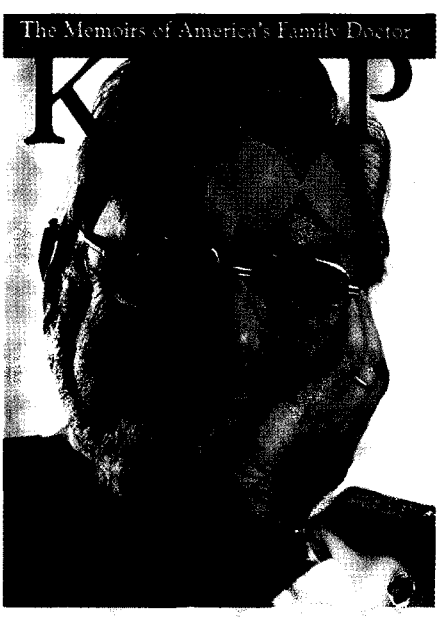
It seems appropriate that one of Dick Clark's shows is titled "The Challenger," for certainly he is challenging Old Age—and appears to have this time of life on the ropes. ♜

After 90 movies and 100 episodes of NBC's "The Roy Rogers Show," one might not blame the 80-year-old cowboy actor/singer for hanging up his spurs and watching them rust. However, a four-hour heart operation and a serious bout with pneumonia could not keep ***Roy Rogers*** from performing with 20 top country acts—including Randy Travis, Willie Nelson, and the Oak Ridge Boys—in *Tribute*, his new album.

The album also provides Dale Evans the opportunity to join her white-hatted husband—who still h[illegible] his athletic yodel—in their signature song, "Happy Trails." And fans of the cowhand couple will be happy to know that they haven't yet saddled up for the trail that leads to the sunset. ♜

"I can't remember a time when I didn't want to be a doctor. The idea of using my mind, then my hands, to [illegible]eal someone simply fascinated me." Thus writes ***C. Everett Koop, M.D.***, former Surgeon General, in *KOOP: The Memoirs of America's Family Doctor.*

Dr. Koop's appointment by President Reagan to the federal post followed a career that spanned 35 years as pediatric surgeon at the Children's Hospital in Philadelphia, where he successfully overcame resistance to the radical concept of performing surgery on babies.



BY C. EVERETT KOOP, M.D.
The Former Surgeon General

The Surgeon General's belief in preventive medicine resulted in [illegible] eight-year battle to bring health issues to the forefront of the national agenda. Included among those issues were AIDS education and smoking. If there are still doubts that the life of C. Everett Koop has had a profound effect on the life of every American, *KOOP*, the book, will extinguish them as surely as he has been responsible for extinguishing hazardous cigarettes beyond number. ♜

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America's greatest living bird artist captures the beauty of songbirds!

Blueb
by
Roger Tory Peterson

A numbered limited edition collector plate lavishly decorated with 23kt gold.

Renowned wildlife artist Roger Tory Peterson has done much to make bird watching a fascinating hobby. He pioneered his unique system of bird identification in *The Field Guide to the Birds*–the most popular bird book in history. Often called "the second Audubon," Peterson's paintings are treasured in collections everywhere.

Roger Tory Peterson has dedicated his life to observing and painting birds. Now, you can share his unique vision of nature with "Bluebirds," a magnificent, true-to-life painting now available on a limited edition plate.

A Numbered Limited Edition Lavishly Decorated with 23kt Gold

Your "Bluebirds" plate will be trimmed with two bands of precious 23kt gold and a beautiful green and gold border framing the delicate beauty of this American songbird. Each serially numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The edition of "Bluebirds" will be forever limited to the production capacity of 14 firing days.

"Bluebirds" is the first in a series of limited edition plates called *The Songbirds of Roger Tory Peterson*. Each plate will portray a beautiful Peterson songbird painting, meticulously reproduced in full color and framed with a gold border just like "Bluebirds." And each is available for only $27.

No Obligation–No Risk

When you acquire "Bluebirds" you have the option, *but not the obligation*, to acquire all subsequent plates in this new series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

We expect the demand for "Bluebirds" to be enthusiastic since this magnificent songbird painting was created by the world's foremost wildlife artist. Serial numbers will be assigned as orders are received, so mail yours today!

[illegible] Richards Agency
P.O. Box 4000
Norwalk, Conn. 06857

Limit: two plates per collector

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Account No.: _____

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Name: _____
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Allow 4 to 8 weeks for shipment.
*Any applicable sales tax will be billed with shipment.

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SILVER SPOONERISMS

A brief history of those simple tips of the slongue that can plague the most polished of speakers.

by Wen Smith

Illustrated by Don Trawin

My favorite word game, when I have an antic disposition on, is deliberately putting the heart before the course, as in "How about a cough of cuppee?" My wife accepts or declines without complaint, but I suspect that my cross-wiring of sounds drives her up the wall. Silence usually means something.

This word play isn't the same thing as metathesis, the result of a disorder (or often a tin ear) that produces *axe* for *ask* or *nucular* for *nuclear*. Rather, it's a fleeting glitch, intentional or not, that reshuffles sounds.

I caught the bug years ago from a comic who called himself Colonel Stoopnagle. He wrote (among other things for *The Saturday Evening Post*) an essay on "How to Sty a Frake in Your Own Outfire Doorplace" and the story of "The Pea Little Thrigs."

Stoopnagle wasn't an original. He imitated the sound-shifting of one who reportedly was—the Reverend William Spooner, dean of New College, Oxford, in the early 1900s. Victim of a serious dysphasia, Spooner once referred to country farmers as "tons of soil" and rebuked a student who had "tasted the whole worm."

Some say true spoonerisms come not by conscious effort but always as slips of the tongue, symptoms of momentary dyslexia. What happens is similar to typing *adn* for *and*. Supposedly, Spooner himself was unaware of his lapses and quite innocently spoke of "occupewing the wrong *pie*" and of heeding the "tearful chidings" of the gospel.

A spoonerism usually transposes initial sounds, as in *litty kitter* or "May I *sew* you to a *sheet*?" But now and then syllables slip gears, as in *bottle lowfrontomy*, or compound-word parts, as in *shortberry strawcake*, or sometimes whole words, as in "You're *timing* your *waste*."

Some critics don't consider a spoonerism bona fide unless the distortion results in actual words, as *tons of soil* does but *thrigs* and *cuppee* and *litty* do not. That restriction properly applies only to conscious efforts, like mine and Stoopnagle's, not to spontaneous sleudian frips.

I was reminded of all this when Carl Yastrzemski accepted his induction into baseball's Hall of Fame. Carl referred to the love given by an athlete's family, "with *which out* he cannot function."

Surely *with which out* is a genuine spoonerism, an example of the mind moving faster than the tongue can follow. Or perhaps Carl's tongue was

The Reverend William Spooner once rebuked a student who had "tasted the whole worm."

continued on page 93

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By special arrangement with Reader's Digest and America's leading record companies we proudly present one of the most beautiful and needed music treasuries ever made. Yes! You get 50 of America's favorite stars and groups singing your all-time favorite songs of faith.

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It Is No Secret
Jim Reeves

Bless This House
Perry Como

In The Garden
Loretta Lynn

Take My Hand, Precious Lord
Eddy Arnold

Wings Of A Dove
Dolly Parton

I Love To Tell The Story
Pat Boone

Me and Jesus
Tammy Wynette & George Jones

Abide With Me
Don Hustad Chorale

He Touched Me
Bill Gaither Trio

Nearer My God To Thee
Jack Halloran Male Chorus

Great Speckled Bird
Roy Acuff

I'll Fly Away
Charley Pride

Standing On The Promises
Johnson Family

Church In The Wildwood
Mike Curb Congregation

When They Ring Those Golden Bells
David Houston

Lily Of The Valley
Wayne Newton

Blessed Assurance
George Beverly Shea

In The Sweet By and By
Johnny Cash

Amazing Grace
Willie Nelson

One Day At A Time
Cristy Lane

May The Good Lord Bless And Keep You
Kate Smith

Sweet Hour Of Prayer
Jim Nabors

The Bible Tells Me So
Roy Rogers and Dale Evans

When The Roll Is Called Up Yonder
Marty Robbins

The Family That Prays
Porter Wagoner

I Need Thee Every Hour
Scott Singers

What A Friend We Have In Jesus
Norma Zimmer & Jim Roberts

Precious Memories
Jimmy Dean

Beautiful Isle of Somewhere
The Three Suns

How Great Thou Art
Jim Roberts

Brighten The Corner
Anita Kerr

Rock Of Ages
B.J. Thomas

Old Rugged Cross
Ray Price

Family Bible
George Jones

Jesus Loves Me
Tennessee Ernie Ford

Peace In The Valley
Floyd Cramer

Will The Circle Be Unbroken
The Carter Family

Beyond The Sunset
Red Foley

Crying In The Chapel
Elvis Presley

I Saw The Light
Hank Williams, Sr.

Jesus Is Coming Soon
Oak Ridge Boys

Softly and Tenderly
Guy & Raina

A Beautiful Life
Statler Brothers

Swing Low, Sweet Chariot
Doris Ackers

Whispering Hope
The Browns

Someone To Care
Jimmie Davis

Bringing In The Sheaves
Burl Ives

Help Me
Larry Gatlin

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Anita Bryant

The Lord's Prayer
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HEARTBEAT

The Healthy Heart Recipes

TAKING ROOTS

With their rich and earthy tastes, parsnips, turnips, and rutabagas bring a welcome flavor to winter meals.

by Nanette J. Blanchard

Parsnips, turnips, and rutabagas are the foods that filled many of our European ancestors' soup pots. Long thought of as peasant fare, these root vegetables are actually excellent sources of fiber and low-calorie energy. Beneath their rough exteriors, they harbor a wealth of rich and earthy flavors that adapt well for heart-healthy, low-salt, low-fat cooking.

- Rutabagas, also called Swede turnips, belong to the cruciferous vegetable family that is thought to have cancer-preventing properties. Rutabagas are a good source of potassium, vitamin A, and niacin.
- Turnips, also cruciferous vegetables, have edible greens as well as roots. The greens are rich in vitamins A and C, and in calcium. The roots are high in potassium.
- Carrots are an excellent source of beta-carotene (the parent compound of vitamin A), which also has cancer-preventing properties. A single medium carrot supplies more than the recommended daily amount of vitamin A. The fiber in carrots can help lower cholesterol levels in the blood.
- Parsnips, members of the carrot family, are high in potassium and contain some protein, iron, and calcium.
- Beets are rich in potassium. Their greens, which are high in vitamin A, are noted for their laxative effect.
- Radishes belong to the healthful cabbage family. They contain some potassium and iron, and are very low in calories.

Together, roots have given rise to many a classic—and heavy—country dish. But roots can be much lighter than their reputation indicates. You will relish the flavor of roots more if you leave out the salt when cooking and season instead with other spices. To keep cholesterol levels low, use minimal oil. Try the elegant parsnip in the Parsnip, Green Bean, and Turnip Sauté; the earthy rutabaga in the unusual guise of Curried Rutabaga and Apple; and the Crunchy Marinated Carrots and Turnips, flavored with orange juice and Dijon mustard.

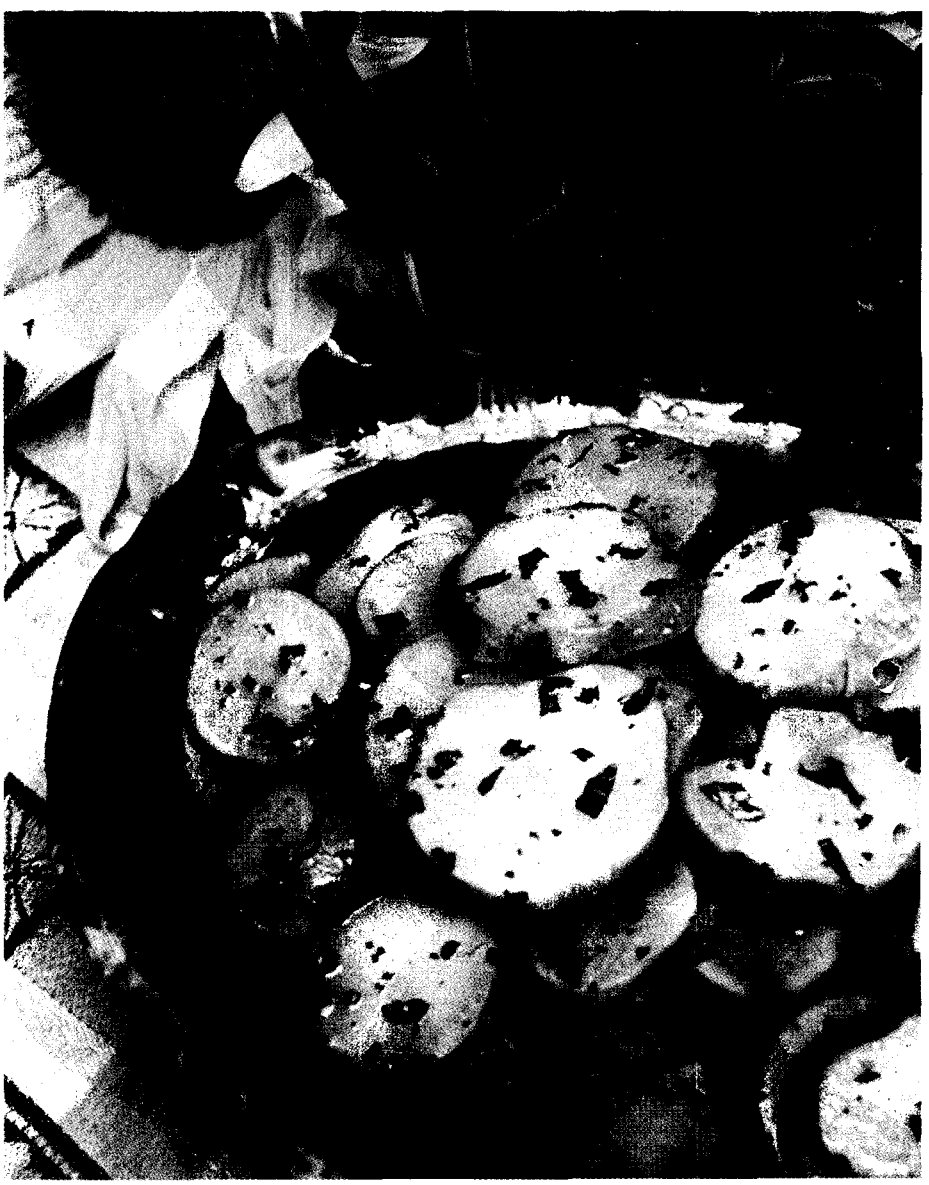
♥ ♥ ♥

Herbed Jerusalem Artichokes
(Makes 12 servings)

1 1/2 pounds Jerusalem artichokes
2 tablespoons low-salt margarine
1/4 teaspoon basil leaves, crushed
1/8 teaspoon pepper
1 tablespoon chopped parsley

Scrub Jerusalem artichokes; cut into 1/4-inch slices.

In 2-quart saucepan over medium heat, in 1 inch boiling water, heat Jerusalem artichokes to boiling. Reduce heat to low. Cover; simmer 20 minutes or until Jerusalem artichokes are tender-crisp. Drain.



Herbed Jerusalem Artichokes ▶

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Why 2 Million Europeans Breathe Easy With Garlic 3 Times a Day.

For years, Europe has been a leader in the area of natural food products—such as garlic. But eating fresh raw garlic 3 times a day can be a little hard to swallow. That's why millions of Europeans breathe easy and get the equivalent of fresh, raw garlic in a small odor-free tablet: KWAI. And now KWAI is available here in America!

Now you can add garlic to your daily diet with KWAI®, Europe's #1 brand.

High Technology Makes It Possible. Many of the garlic capsules popular today contain only garlic oil—as little as 0.1% to 0.2% of the garlic clove. And heating or cooking can change the properties of fresh garlic. But KWAI is made through a special process that gently dries the highest quality fresh garlic to retain all its natural qualities. Modern research and technology make it possible to manufacture KWAI without preservatives, antioxidants, flavoring agents, salt or gluten. And unlike raw garlic, KWAI has none of the obvious social drawbacks of a tell-tale odor.

Like Fresh Garlic—With *No Odor.* Six KWAI tablets taken over the course of one day equal one clove of fresh raw garlic. Unlike many other garlic products, KWAI maintains strict scientific standards to assure consistency. And KWAI tablets are coated to protect their contents—so they are odor-free! KWAI tablets are small, tasteless, and easy to swallow.

Life At Its Best, Naturally. As you get older and wiser, you're probably taking better care of yourself—exercising, watching your diet, lowering your cholesterol and fat intake. And if you are among those who like garlic in their daily diet as millions of Europeans do, you can add garlic to your diet the modern way with KWAI. Don't delay, make KWAI part of your daily diet today!

KWAI: the modern way to get all the qualities of fresh garlic—with *no odor.* Available at quality drugstores, health and natural food stores and General Nutrition Centers.

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HEARTBEAT

Add remaining ingredients; toss to combine. Heat through.

Per Serving (1/2 cup):
Calories: 47 Sodium: 16 mg
Protein: 0.8 gm Cholesterol: 0 mg
Fat: 1.9 gm Carbohydrate: 6.7 gm

♥ ♥ ♥

Clove Beets
(Makes 10 servings)

12 small beets with tops (about 2 pounds)
4 small onions, sliced and separated into rings
1 1/2 cups wine vinegar
2 teaspoons whole cloves

Trim beets, leaving 2 inches of tops and roots attached. Rinse beets under cold running water, being careful not to damage skins.

In 4-quart saucepan over medium heat, in 1 inch boiling water, heat whole beets to boiling. Reduce heat to low. Cover; simmer 30-60 minutes until beets are fork-tender (depending on maturity and size of beets). Drain beets; cool. With sharp knife, remove skins and stems. Cut beets into 1/4-inch slices.

In medium bowl, combine beets with remaining ingredients. Cover; refrigerate until serving time, at least 2 days.

Per Serving (1/2 cup):
Calories: 24 Sodium: 5 mg
Protein: 0.7 gm Cholesterol: 0 mg
Fat: 0.1 gm Carbohydrate: 5.3 gm

♥ ♥ ♥

Parsnip, Green Bean, and Turnip Sauté
(Makes 4 servings)

2 cloves garlic, minced
1 onion, chopped
3 tablespoons vegetable oil
2 medium parsnips, peeled and sliced
1 cup green beans, chopped
3 turnips, peeled and sliced
1/4 cup water
1 teaspoon dried savory

Sauté garlic and onion in oil until tender. Add parsnips, green beans, and turnips. Sauté, stirring occasionally, another 5 minutes. Add water and savory; stir to prevent sticking. Cook an additional 15-20 minutes or until vegetables are tender. Season to taste with pepper. Serve hot.

Per Serving (3/4 cup):
Calories: 130 Sodium: 24 mg
Protein: 1.2 gm Cholesterol: 0 mg
Fat: 10.4 gm Carbohydrate: 7.1 gm

♥ ♥ ♥

Crunchy Marinated Carrots and Turnips
(Makes 4 servings)

4 carrots, grated
1 large turnip, peeled and diced
1 tablespoon apple-cider vinegar
1 tablespoon vegetable oil
1 tablespoon orange juice
1 tablespoon Dijon mustard
1 teaspoon dried tarragon
1 teaspoon dried basil

In serving dish, mix together carrots and turnips. Stir together remaining ingredients and pour over vegetables. Cover and refrigerate for several hours before serving.

Per Serving (3/4 cup):
Calories: 79 Sodium: 163 mg
Protein: 1.0 gm Cholesterol: trace
Fat: 3.8 gm Carbohydrate: 10.2 gm

♥ ♥ ♥

Sweet and Sour Parsnips
(Makes 6 servings)

1 onion, chopped
2 cloves garlic, minced
2 tablespoons vegetable oil
1 green pepper, chopped
6 small parsnips, peeled and sliced
1 tablespoon low-salt soy sauce
1 (20-ounce) can pineapple chunks, with liquid
2 tablespoons apple-cider vinegar

continued on page 102

Clove Beets ▶

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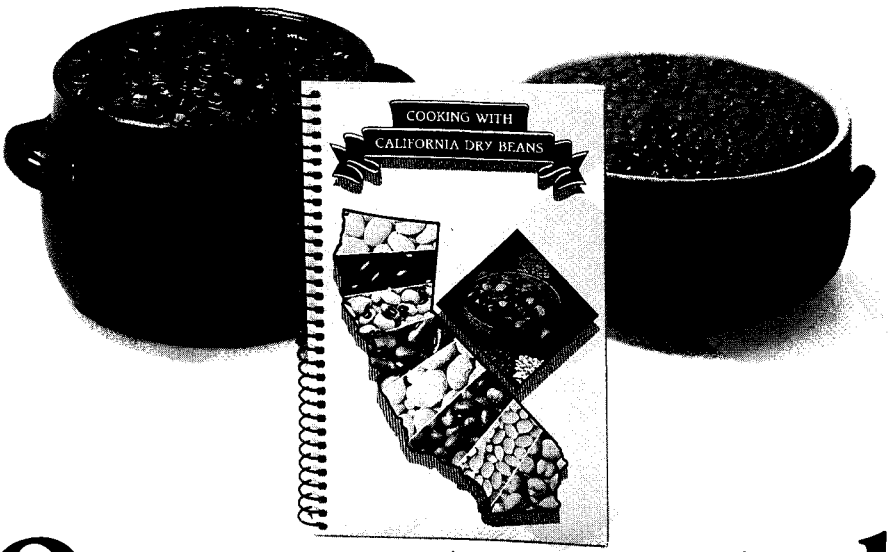
84 ways to make beans exciting.



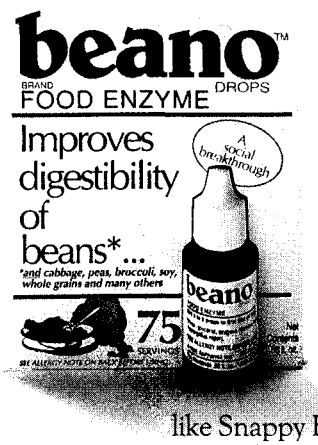
One way to control the excitement.

Ham and Bean Soup. Bayou Blackeye Chicken. Hoppin' John.

California Dry Beans are great to cook with. They're healthy, too, because beans are a high fiber, high carbohydrate food. And everyone from the US Surgeon General to the American Heart Association and the National Cancer Institute are advising us to eat less meat and fat and to switch to a diet high in complex carbohydrates and rich in fiber.

Beans are also nutritious, affordable and always available. They are also hard for some of us to digest.

That's where Beano™ comes in. Beano improves the digestibility of beans...and broccoli, cabbage, cauliflower, foods made with soy and whole grains and more.



Add several drops of Beano to the first bite of your favorite bean dish. Beano contains a natural food enzyme that breaks down the hard to digest sugars that often cause discomfort.

And once you've added Beano to your diet you'll want to add more bean dishes, too. So send for your colorful, 90 page *California Dry Bean Cookbook* with 84 great bean recipes. Now you can get excited over dishes like Snappy Bean Dip and Reuben Bean Sandwiches. Because now you can control the excitement...with Beano.

California Dry Bean Cookbook

Enclosed is my check for $4.95 (add sales tax if you are in CA) made out to "Dry Bean Cookbook."

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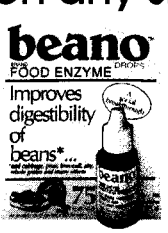
MR. RETAILER: When all terms of this offer have been fulfilled by the consumer and by you, this coupon will be redeemed for face value plus 8¢ for handling plus postage. Mail coupon to AkPharma Inc., C.M.S., Dept. 41383, 1 Fawcett Drive, Del Rio, Texas 78840. FRAUD CLAUSE: Any other application constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Failure to do so may, at our option void all coupons submitted for redemption for which no proof of products purchased is shown. Subject to state and local regulations. Void if taxed, restricted or forbidden by law or if presented by outside agencies, coupon brokers or others who are not retail distributors of our merchandise. Cash value 1/20¢.



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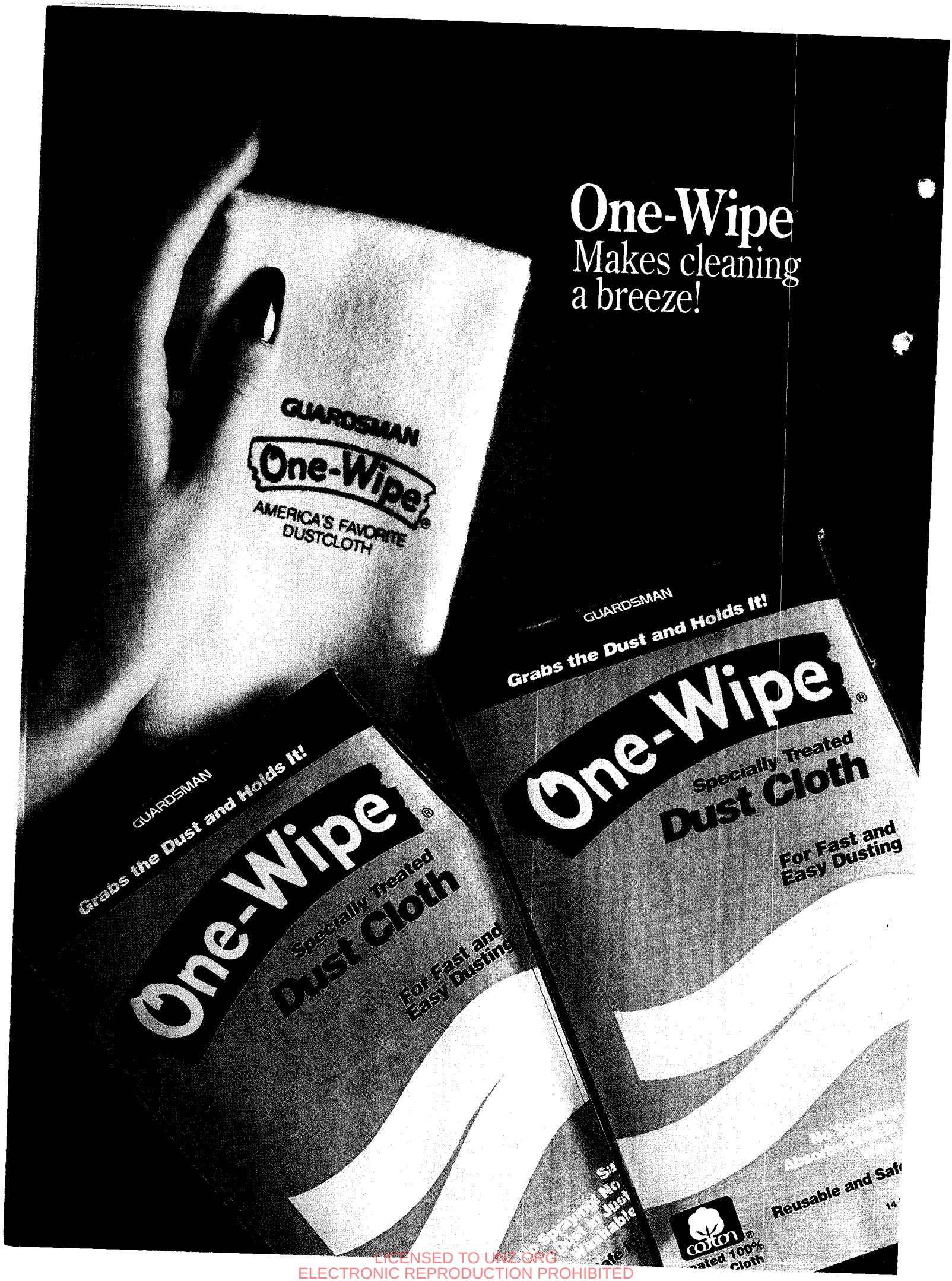

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Take a swipe with a FREE One-Wipe®... and get the ubiquitous dreaded dust mites.

The old joke about a housewife rearranging dust has lately proven to be anything but funny. The only ones laughing are the dust mites—those not-quite-visible rascals that love to romp in the stuff, eat small flakes of shed human skin, and leave their waste products to play havoc with human allergies.

The poor sufferers, once alerted to the source of their discomfort, don't hesitate to invest in the best air filters to make sure their lungs no longer serve as filtering devices for these repugnant demons of rashes, red eyes, sniffling, and sneezing. Dust mite victims will spend another bunch of bucks for expensive vacuum cleaners that filter the collected dust through water to prevent the dust from simply being "rearranged," as in the case of leaky sweeper bags.

But hold everything—including your hard-earned cash! Because of all the new evidence concerning the dangers of dust mites and their damaging droppings, we are introducing you to One-Wipe®—the Tiffany of all dustcloths.

To make this introduction, we could think of no better way than to present a One-Wipe® dustcloth for every paid, bi-monthly subscription to *The Saturday Evening Post.*

If you are new to the *Post*, be advised that we focus on fitness and health; **prevention of disease** is our reason for being. While most doctors fight the battles in the trenches trying to stop the pain and suffering after a disease occurs, there are doctors primarily concerned with stopping disease before it happens. We believe handing you a colorful, washable One-Wipe® is one more way of keeping disease, rather than your nose, on the run.

DAVID SCHARF

This dust mite is enlarged about 200 times. Too small to be seen by the naked eye, it lives on shed human skin scales. Its excreted waste particles cause allergic reactions in some.

Although the *Post* is now gung-ho for health, by no means has this legendary magazine sacrificed its reasons for surviving since the days of Ben Franklin, its founder. Besides nutrition and the latest medical updates, readers' letters still proclaim that *Post* feature articles covering sports, travel, popular personalities, religion, humor, recipes, and more are among the best. They also continue to praise our famous cartoons, games, quizzes, and Post Script quips—all selected with the entire reading family in mind.

So... if you would rather be healthier, wealthier, and wiser, take a swipe at harmful household dust with our gift of a miracle One-Wipe® dustcloth—and wise up through the filtered pages of *The Saturday Evening Post.*

It's as easy as filling out the card or coupon right under your nose.

THE SATURDAY EVENING POST

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HEARTBEAT

The Healthy Heart Recipes

HOOKED ON LIGHT AND LEAN FISH

By switching to low-fat seafood recipes, you can enjoy the benefits of good health and great taste.

by Patrick Perry

From ancient times to the present, balance has remained the secret to a long and healthy life—a balance that among other things relies heavily upon a proper diet to keep our bodies in peak condition. Age-old wisdom is being confirmed by today's leaders in the fields of science and health—researchers Dr. Kenneth Cooper and Dr. Dean Ornish both take aim at high-fat foods when diagnosing America's high incidence of heart disease. Their prescription: exercise and a low-fat diet that is rich in grains, vegetables, fruits, and, in moderation, low-fat meats.

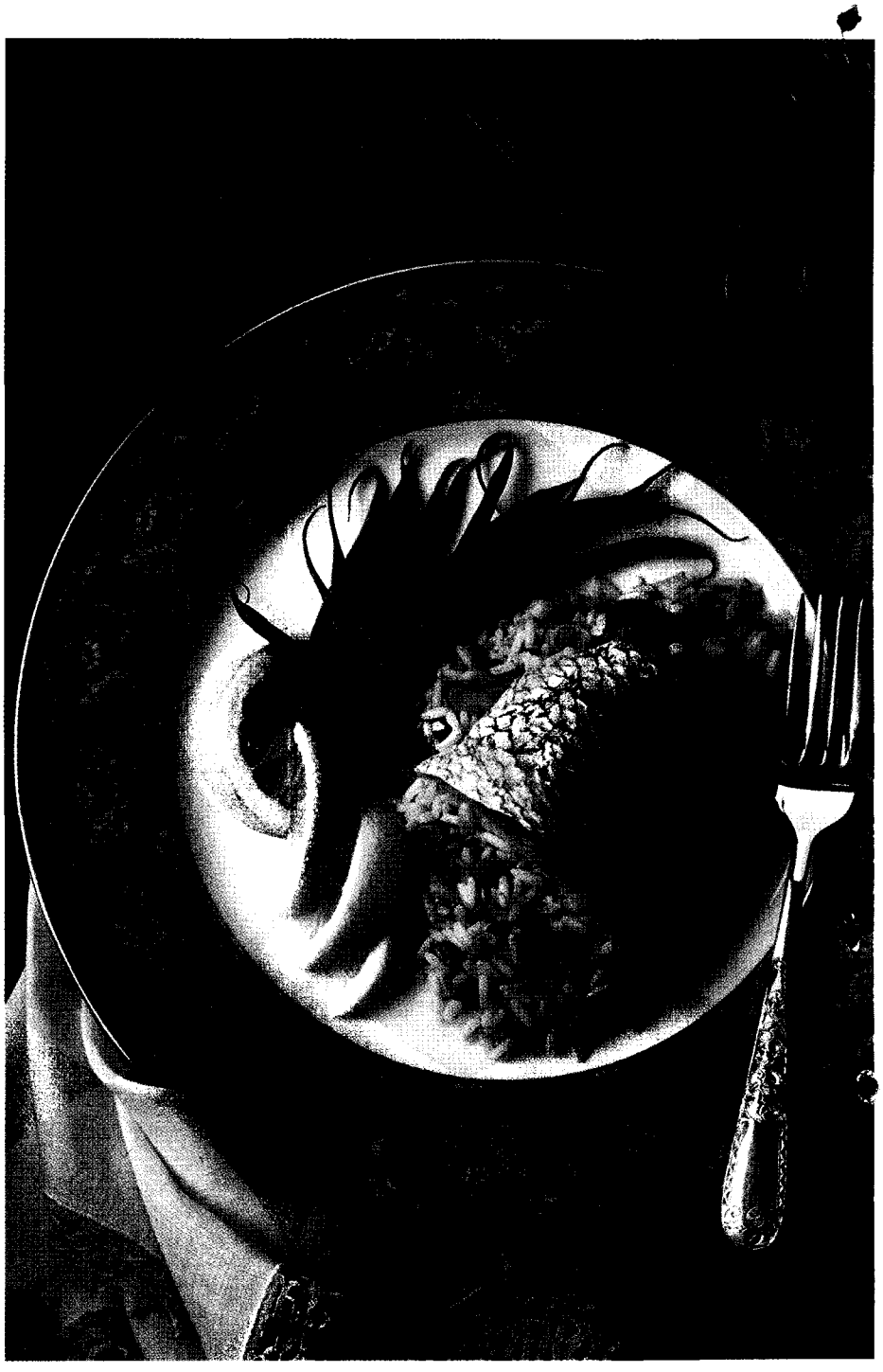
Fish tops the charts on low-fat diets and is an excellent source of protein, vitamins, and minerals. Usually lower in saturated fat than red meat and poultry, fresh fish and seafood are also a good source of omega-3 fatty acids—which appear to lower blood cholesterol. Don't go overboard, however. Limit consumption to three or four meals a week. Always use lean fish, such as halibut, sole, sea bass, or snapper. Tuna, packed in spring water, should be in every well-stocked pantry. Add flavor by cooking with spices (not salt) and vegetables—onions, parsley, carrots, mushrooms, celery, tomatoes, or whatever tempts your taste buds. Broil, poach, or bake fish—frying in saturated fat is taboo. Use a non-stick cooking spray.

Baked Stuffed Snapper is a savory blend of chestnuts, green onions, and grated lemon peel, served on a bed of wholesome rice. Tangy Broiled Fish with Three Peppers is an easy, elegant entrée. And you won't have to fish for compliments when you serve Curried Tuna Salad for an afternoon meal.

♥ ♥ ♥

Spinach Stuffed Fish
(Fish Muffins)*
(Makes 8 servings)

4 fillets orange roughy
1 package frozen chopped spinach,



Add fresh fish to the menu two or three times a week, and your family will reap the benefits of low-fat, high-quality protein from entrées like Baked Stuffed Snapper.

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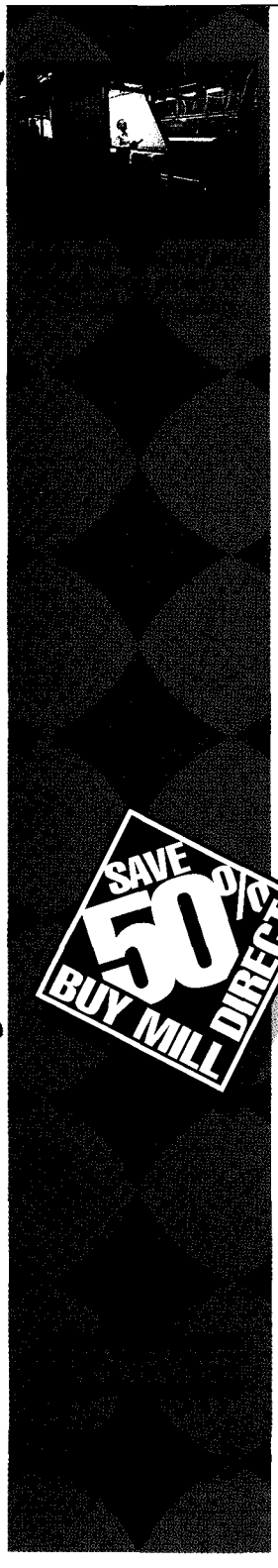
Save 50% On Carpet, Buy Directly From The Mill--S&S Mills.

"Paying retail prices for carpet is like throwing money away. We can't afford to do that in the construction business, so we buy our carpet from S&S Mills. Now you can too!"

C.W. Test, C.W. Test Builders, Hanover, Pennsylvania.



Like thousands of builders and homeowners across America, C.W. Test stopped paying inflated retail prices years ago. And like them, you can save 50% or more on premium quality carpet.

IT'S FAST, EASY, AND CONVENIENT.

The steps to selecting and ordering your carpet are as simple as walking to your telephone. First, call our toll-free number and our carpet advisors will ask a few questions about your carpet needs. Then a beautifully crafted sample book will be sent to your home.

Once you've chosen a style and color, call a local carpet installation professional listed in your yellow-pages or newspaper. He'll give you the yardage required for your job.

Call us with the size style and color you need. In about a week, your premium quality carpet will arrive, ready to install.

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S&S Mills can provide these tremendous savings because we are not a warehouse outlet. We're a carpet mill. We manufacture the same carpet you will find at retail stores in your town. The difference is we cut out the middlemen and pass the savings on to you.

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S&S Mills' quality is assured and guaranteed. And S&S won't send a salesman to your home, our beautiful sample books and fantastic prices do all the talking.

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thawed, drained, and squeezed
1 egg white
1 cup crushed plain bagel chips
1/2 cup nonfat cottage cheese
1 small carrot, shredded
3 tablespoons cocktail sauce
1/2 teaspoon each pepper, basil, and thyme

Slice fish fillets in half lengthwise. Line muffin tins with fish fillets. Place stuffing in middle. Bake at 350° F for 15 minutes or until fish flakes.

To freeze, wrap each fish muffin separately with freezer wrap, then place in plastic container with tight-fitting lid. Put directly into microwave from freezer. Microwave on high power approximately 1 minute for each muffin. Garnish with julienne-style carrots, parsley, and lemon wedges.

Per serving (3/4 cup):

Calories: 130	Sodium: 324 mg
Protein: 14.8 gm	Cholesterol: 13 mg
Fat: 4.7 gm	Carbohydrate: 5.5 gm

* *Recipe courtesy of Janet Effenberger*

♥ ♥ ♥

Basil Baked Cod Fillets
(Makes 2 servings)

1/2 pound cod, haddock, lingcod, or orange roughy fillet
1 teaspoon olive oil
1 teaspoon lemon juice
1/4 teaspoon dried basil, crushed
1/8 teaspoon black pepper
Dash salt (optional) or salt substitute
2 plum tomatoes, cored and cut crosswise into thin slices
2 teaspoons grated Parmesan cheese

Pat fish dry and cut into 2 serving pieces. Combine oil and lemon juice in baking dish. Add fish and turn to coat both sides. Sprinkle with basil, pepper, and salt. Overlap tomatoes in even layer on fish and sprinkle with Parmesan cheese. Cover with foil and bake at 400° F, about 10-15 minutes or until fish just begins to flake when tested with a fork. (Recipe can be halved or doubled.)

Per serving (4 oz.):

Calories: 138	Sodium: 120 mg
Protein: 21 gm	Cholesterol: 43 mg
Fat: 3.1 gm	Carbohydrate: 5.4 gm

♥ ♥ ♥

Broiled Fish with Three Peppers
(Makes 4 servings)

1 1/2 pounds fresh or frozen fish fillets or steaks
2 tablespoons light olive oil
2 tablespoons additional oil
1 small green pepper, cut into thinly sliced strips
1 small red pepper, cut into thinly sliced strips
1 small yellow or orange pepper, cut into thinly sliced strips
1/2 pound thickly sliced fresh mushrooms
1/2 tablespoon freshly chopped basil (or 1 teaspoon dried)
1 small jalapeño pepper, finely minced (seeds removed)
Salt (optional) and pepper to taste

Preheat broiler. Rinse fish under cold water. Pat very dry. Brush lightly with olive oil. Season to taste. Broil fish

continued on page 102

Curried Tuna Salad transforms an ordinary lunch into an occasion. Tuna packed in fresh spring water should be a low-calorie staple in every household.

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Phyllis Robinson is living proof that NordicTrack can take weight off, and keep it off.

Achieve your New Year's resolution with NordicTrack!

(And make you feel better about yourself than you have in years.)

Phyllis Robinson is all too familiar with the infamous "diet rollercoaster."

Over the span of 20 years she lost 1,000 pounds, and gained 1,042 back.

That was before she discovered NordicTrack.

Take weight off. Keep it off.

Diets alone don't work. The only sure way to take weight off and keep it off, is to incorporate regular aerobic exercise.

NordicTrack is the best way to get that exercise because it duplicates the motion of cross-country skiing, the world's best aerobic exercise.

NordicTrack burns more calories in less time than any other exercise machine — up to 1,100 calories per hour, according to fitness experts.

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It gives an effective upper-body, lower-body and cardiovascular workout in as little as 20 minutes a day, three times a week.

The closest thing you'll ever find to the fountain of youth.

NordicTrack provides other benefits as well.

Researchers are finding that it will retard the effects of aging — and actually reverse them to some degree.

By using NordicTrack regularly, you'll reduce your risk of cardiovascular disease, hypertension, diabetes and high cholesterol.

You'll also strengthen your bones and ligaments, which helps prevent stiffness, back pain, arthritis and osteoporosis.

And you'll improve your cardiovascular fitness — the key to maintaining the energy you need to do the things you love.

When you have your health, you have everything.

Improve the quality of your life. Call NordicTrack today.

Call for a 30-day in-home trial.

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HEARTBEAT

The Healthy Heart Recipes

DIET FOR A LONGER LIFE

Researchers confirm that the Seventh-Day Adventist lifestyle reduces the risk of heart disease and cancer—and may extend your life.

by Patrick Perry

Members of the Seventh-Day Adventist Church are often acknowledged as the "healthiest people in America." In a nation with increasing cases of heart disease, obesity, osteoporosis, cancer, and other diet-related maladies, this denomination's adherents have managed to beat the odds. Study after study has found that church members not only live longer, but experience few of the debilitating diseases that affect most Americans.

Consider the following statistics:

- Male Seventh-Day Adventists have a life expectancy 8.9 years longer than the average, while females have one that is 7.5 years longer.
- Even though vegetarians, Seventh-Day Adventists have a reduced risk of osteoporosis compared to meat-eaters in the general population.
- Members experience a lower incidence of breast, prostate, pancreatic, bladder, and ovarian cancers than the general population.
- Adventists who use no meat, milk, or eggs—total vegetarians—have an expected coronary heart disease mortality rate only 12 percent of that of the general population; non-vegetarian male Adventists have 56 percent of the expected coronary heart disease mortality rate.

Seventh-Day Adventists teach prevention of disease by lifestyle management. The secret to healthy living, they believe, is not how much you eat, but what you eat, and when. Whole grains, water, fresh fruits, and vegetables play a key role in the church's diet, but brisk walks, a hearty "main meal" breakfast, and avoidance of smoking, alcohol, sugar, and fat are also important.

"What does this mean for those of us who are not Seventh-Day Adventist?" ask authors Chris Rucker and Jan Hoffman in *The Seventh-Day Diet*. "It means that instead of waiting for science to give us a 'magic pill' for cancer, instead of waiting for more expensive, sophisticated types of surgery to control heart disease, instead of cringing at the thought of another painful, self-depriving weight-loss program, we can take a look at the practices of a people who have found a better way."

This better way relies on wholesome foods at every meal. We encourage you to investigate further and practice the principles of the Seventh-Day Adventist diet.

These delicious recipes come from Lilly Nelson, who is married to a Seventh-Day Adventist physician. She and her large family live in Keene, Texas. A registered nurse, Lilly is also a gourmet cook and often hosts big dinner parties using meatless entrées. The recipe for Lentil Patties

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I LISTENED TO MOM'S ADVICE

10 YEARS AGO AND

...I'M STILL LISTENING!

"I lived the first half of my life on the sidelines", says 20 year old Jason Balletta. "Severe upper respiratory problems kept me from the things I loved. I would watch other kids play ball, go sleigh riding, and play with their pets, but I was too weak and tired to join in. I was frustrated and lonely until my Mom came to the rescue! That's why I'll always listen to her advice (and why you should, too)."

A MOTHER'S STORY

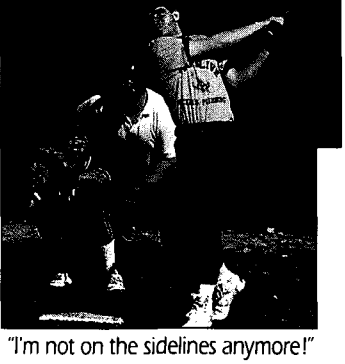
BY MADELINE BALLETTA

While my son watched childhood joys pass him by it broke my heart, but it broke down my body too. I was recovering from a serious back injury, and the added demands of raising a frail and sickly child left me totally drained. The pain and fatigue increased to where I became bedridden– unable to walk, move my arms or even speak. I was no longer able to care for my family. After many tests, I was finally diagnosed as having EBV/ Chronic Fatigue Syndrome.

A friend brought me a special formulation of unprocessed Royal Jelly— a natural food from the beehive, not to be confused with honey or pollen. A uniquely precious substance, Royal Jelly has been studied and prized in both Europe and the Orient, and is rich in essential nutrients, vitamins and amino acids. I was skeptical, but I was also desperate, so I tried it. I soon began to experience an amazing vitality and strength I never had before.

Royal Jelly truly turned my life around, and offered me hope for my son. After giving it to Jason, I saw signs of significant improvement. That winter, he was able to fight off a cold on his own for the first time in eight years. He started acting more like a 10-year old, full of energy and laughter. He was able to play at friends' homes, even if they had pets—something he could never do before. When his school attendance improved dramatically, I was fully convinced that Royal Jelly works!

After seeing what Royal Jelly did for me and my son, I decided to share this knowledge and to make Royal Jelly available to others. Today, as President of Bee-Alive, Inc., my own health food company, I follow a hectic schedule, often traveling across the country. Wherever I go, I continue to hear exciting testimonies from people who have experienced the benefits of Bee-Alive Royal Jelly, including: • *women suffering from emotional highs and lows* • *professionals coping with stress-related fatigue* • *men seeking more physical and mental stamina* • *the elderly, hoping to lead a more active life.*



"I'm not on the sidelines anymore!"

IF YOU ARE SICK AND TIRED OF BEING SICK AND TIRED...

or have a friend or a loved one who is forced to live life on the sidelines, then call Bee-Alive today. Our caring consultants are standing by, ready to share their knowledge about this wonderful, God-given substance. The call is toll-free, so "Help your body help itself" by dialing: 1-800-543-BEES

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HEARTBEAT

is so delicious, it gets a five-star rating from our test kitchens.

♥ ♥ ♥

Lentil Patties
(Makes 12 patties)

1/2 cup chopped onion
1/2 cup chopped celery
1/2 teaspoon garlic powder
2 cups cooked lentils
2 cups plain breadcrumbs
1/2 cup chopped pecans
3 egg whites, beaten

Sauté onion and celery in microwave until tender. Add cooked lentils, breadcrumbs, nuts, garlic powder, and beaten egg whites. Let stand 5 minutes. Form into patties and roll in breadcrumbs. Bake 20 minutes at 350° F, turn, and bake 20 more minutes. Serve with tomato sauce (see recipe), gravy, or in sandwich with lettuce, tomato, etc. Can be made ahead and frozen.

Per Serving (1 patty):
Calories: 128 Sodium: 60 mg
Protein: 5.3 gm Cholesterol: 0 mg
Fat: 6.8 gm Carbohydrate: 13.1 gm

♥ ♥ ♥

Tomato Sauce
(Makes 12 servings)

1 15-oz. can low-salt tomatoes, drained and mashed
1/2 teaspoon celery seed
1 small onion, minced
1 teaspoon lemon juice
5 chopped dates
1/2 teaspoon sweet basil

Combine all ingredients in saucepan and simmer 30 minutes.

Per Serving (1 1/2 oz.):
Calories: 19 Sodium: .7 mg
Protein: 0.5 gm Cholesterol: 0 mg
Fat: 0.1 gm Carbohydrate: 4 gm

"Oh, great, we forgot the Handi-wipes!"

♥ ♥ ♥

Green Beans Almondine
(Makes 6-8 servings)

1 pound frozen cut green beans
1 teaspoon butter-flavor granules
1/4 cup toasted slivered almonds

Cook green beans in microwave for 3 minutes. Stir and microwave for 3 minutes more. Add butter-flavor granules, seasoning salt, and toss lightly. Place in serving bowl and garnish with slivered almonds.

Per Serving (1/2 cup):
Calories: 57 Sodium: 31 mg
Protein: 2.0 gm Cholesterol: 0 mg
Fat: 2.9 gm Carbohydrate: 5.9 gm

♥ ♥ ♥

Green Rice
(Makes 10 servings)

3 cups cooked rice (no salt)
1 cup chopped spinach
1 cup chopped parsley (raw)
2 eggs, well beaten (substitute)
1 cup skimmed milk
4 tablespoons oil
1 onion, grated

Mix all ingredients and pour into oblong baking dish that has been sprayed with nonstick cooking spray. Sprinkle with 3/4 cup shredded low-fat cheese over top. Bake 45 minutes at 350° F. Cut in squares and serve plain, with white sauce, or with low-sodium creamed mushroom sauce.

Per Serving (1/2 cup):
Calories: 158 Sodium: 161 mg
Protein: 5.5 gm Cholesterol: 39 mg
Fat: 8.3 gm Carbohydrate: 15.5 gm

♥ ♥ ♥

Meatballs and Gravy
(Makes approximately 60 balls)

10 egg whites, slightly beaten
6 tablespoons minced parsley
3 garlic cloves, pressed

continued on page 91

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There are typewriters. And then there are business typewriters.

What sets a business typewriter apart isn't where it's used, but how.

If it has a multilingual keyboard, SpellCorrect© or SpellScan,® and double underscoring for statistical or legal documents, it's a business typewriter. If it has a large carriage and a wide writing line to accommodate oversized envelopes and forms, it's a serious business typewriter. If it has a heavy-duty print head and large-capacity ribbons, it's a well-designed serious business typewriter. And if it has all those features, plus an ergonomic keyboard designed to reduce typing fatigue, it must be one of the Panasonic® KX-E2000 Series typewriters. Panasonic's KX-E2000 Series Business Typewriters. Serious typewriters for serious business.

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Designed for people.

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SpellCorrect© contains the International CorrectSpell™ System developed by Houghton-Mifflin Co.

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POST SCRIPTS

A Pound Of Flesh

There's nothing wrong with the younger generation that becoming taxpayers won't cure.

—Thomas LaMance

How Times Change!

Suited up in Speedo and goggles,
She swims her laps each day;
Or, sporting a flashy Spandex suit
stretches and flexes the flab away.
She could relax in a simple gingham
frock,
But face it, this is the '90s—and
Grandma is a jock!

—Lucy Lolli Rankin

Yea Or Neigh

If some men had more horse sense, their wives wouldn't have to be nags.

—Robert H. Forrest

Saying Grace

A man was out hunting when a huge bear began chasing him. To save his life, he climbed the nearest tree. Fearful that the bear could still reach him, the man prayed, "Please God, let the bear be a Christian."

Looking down, he then saw the bear kneel in the snow and mutter softly, "Thank you, Lord, for this meal that I am about to receive."

—George Grace

"I would have rather been home watching some sports event with you."

Nobody's Perfect

You're never too old to learn and you're never too young to know it all.

—Gil Stern

Muse on a Cruise

He asked me would I take a spin
In his new/old car that now is "in."
A '66 convertible,
Bright red with chrome agleam,
Sat waiting like a chariot—
It all seemed like a dream.
He pulled a knob upon the dash,
The top it rolled away.
We cruised around the city streets
That bright and sunny day.
The radio was playing rock,
The breeze whipped through my hair.
It seemed that people stared at us—
I didn't even care.
Too soon we pulled into our drive,
He held the door for me:
This tall and handsome gentleman—
How lucky can I be?
"Thank you for asking me to come."
And he replied, "You're welcome,
Mom."

—Betty J. Van Ochten

Suspended Animation

Middle age: That time in life when you're suspended between "Why not?" and "Why bother?"

—Martha Berry

The Accidental Tourist

A tailor from New York was vacationing in Miami when he was struck by a car on the street. A crowd gathered, someone called an ambulance, and another person covered the man with a blanket, asking, "Are you comfortable?"

The tailor said, "I make a living."

—Mary Umberson

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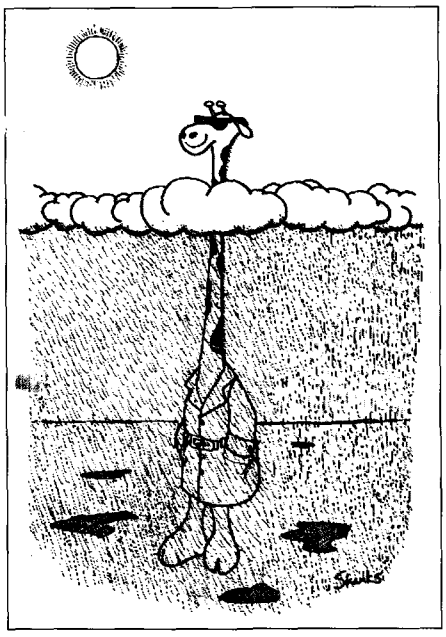


Be All You Can Be

It doesn't take "will power" to stop smoking or start dieting—all it takes is "won't power"!

—Henry Boye

Not Gem Quality

Considering what doctors charge, diamonds and rubies aren't the most precious stones. Gall and kidney are!

—Pat Juenemann

On Second Thought

A fair young graduate of the university's school of journalism got a job as a cub reporter on a New York daily. Her first story won the editor's approval, but he pointed out a few inaccuracies.

"Remember," he concluded, "it was Joseph Pulitzer, founder of the school of journalism, who declared that accuracy is to a newspaper what virtue is to a woman."

"That in itself is not entirely accurate," the reporter replied triumphantly. "A newspaper can always print a retraction."

—Herm Albright

R_x: Love

It is better than any drug—
Recall the value of a simple hug.

—Martin Menutis

Skeletons in the Closet

I looked in my closet this morning,
and much to my surprise,
My clothes have been hanging there
so long they've all shrunk in size.

—Olga McCoy

In the Nick of Time

Just think: If it weren't for the last minute, some things would never get done.

—Herm Albright

Heads and Tails

The saleslady at a local women's store has discovered a hard-and-fast rule that high-school girls use in determining whether stretch pants are the right size. They place a dime in a hip pocket, and if a boy passing by can call heads or tails correctly, they fit.

—Lloyd Byers

The Pace Setter

The man out in front is never sure
If he should be worried or proud;
Is he leading an admiring throng—or
Being chased by an angry crowd?

—George O. Ludcke

A Negative Positive

Overqualified: That's the one that means you didn't get the job, but somehow you feel good about it.

—James Curnane

More Than Skin Deep

A little girl was watching her mother spread cold cream over her face.

"What's it for, Mummy?" she asked.

"That's to make me beautiful, darling," replied the mother.

The little girl watched in silence until the mother began to remove the cream. Then, in a tone of sadness, she whispered, "It didn't work, did it?"

—Pat Juenemann

Tip For Success

Sign seen in restaurant window: "Wanted—Waitress willing to go that extra smile."

—Ivern Ball

Pound Foolish

Overeating! I've been cheating!
Too many Frigidaire forays:
Guilt-ridden, I get on the scale
And see the error of my weighs.

—Rose Korotkin

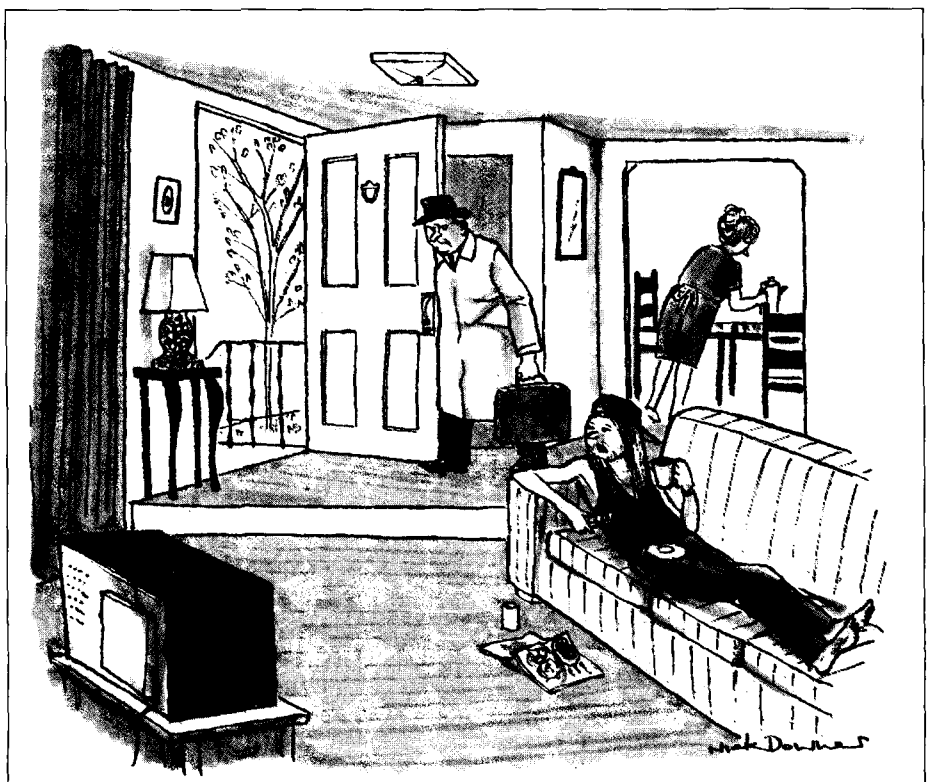
Bull Session

A pickup pulled up to the barn, and the driver hailed the farmer.

"How much is that old bull out by the road worth to you?" he asked.

"Depends," drawled the farmer after a moment's hesitation. "Are you the tax assessor, do you want to buy him, or did you run him down with your truck?"

—Trenda Leigh



"The car pollutes the air, depletes the ozone, warms the planet, acidifies the water, and ruins human health. Face it, Dad—driving to work is a terrorist act."

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BOOK REVIEW

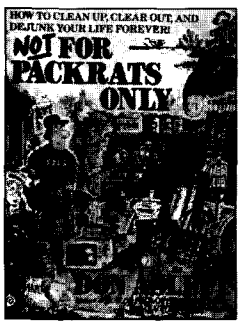
THE CURE FOR HOUSEHOLD CLUTTER

America's "janitor extraordinaire" reveals his secret for successful dejunking.

by Maynard Good Stoddard

What's on top of your refrigerator? (And how long has it been there?) How many appliances do you have that don't work? (And why are you keeping them?) Have you ever ordered anything from the 6,452 mail-order catalogs you are saving?

How we accumulate the stuff we don't need, why we hang onto it, and what to do about getting rid of the clutter is examined with wit and humor by Don Aslett in his latest book, *Not For Packrats Only* (a Plume book of 215 pages at $9.95). You won't read very far before agreeing with Aslett's singular claim to being a janitor *extraordinaire* and America's No. 1 cleaning expert.



To emphasize our country's kinship with stuff, Aslett writes of a junk contest held in Phoenix, Arizona, that was won by a couple who for years had hung onto a goat brassiere. (Seems that after a goat gives birth, her udder expands and drags on the ground—unless the owner has enough compassion to fit her with a bra.)

Goat or no goat, rich or poor, living in a mansion or bungalow, with 12 kids or none, clutter—according to the author's painstaking research—is the ultimate household problem.

Thoughtfully, Aslett doesn't leave us holding the (trash) bag. After laying bare our weakness for the accumulation of crud, he tells us how to get rid of it. "Lowering your clutter count," as he phrases it.

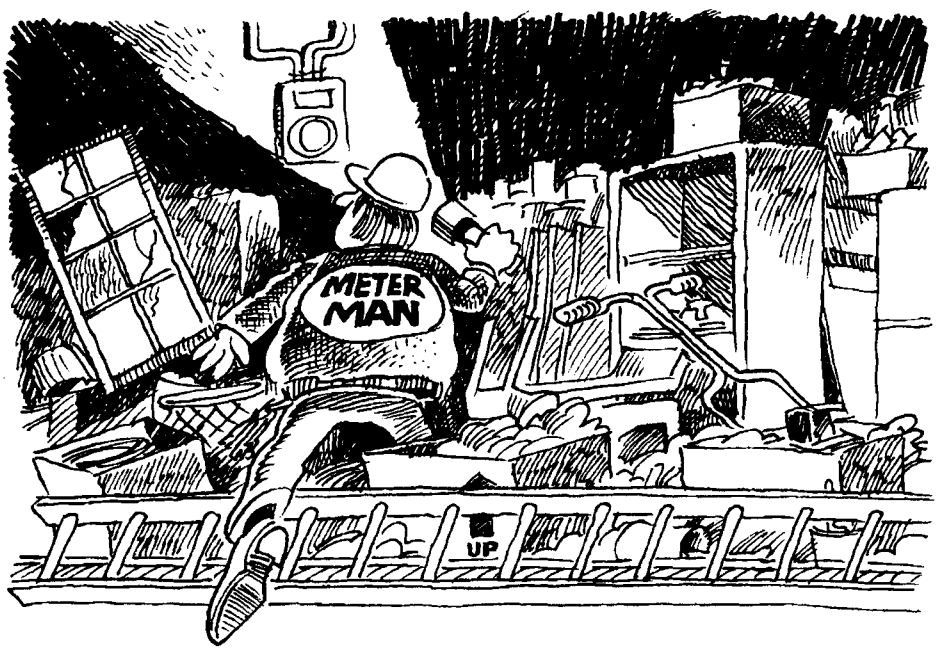
Among the statements he has collected from intelligent, well-educated, successful people ("like you and me," he says) are these:

"My mother saved everything. My father died ten years ago, and I'm sure he's in the bottom of the freezer."

"A faded note in the bottom of a 40-year-old package she'd been saving identified the unrecognizable contents as a piece of her 16th-birthday cake."

"My first husband saved rubber bands from the morning paper. That's 360 dried-up rubber bands a year. Our marriage didn't stretch any farther than they did."

Aslett offers several reasons why



people accumulate so much junk:

1. We have space to fill.
2. If things make us happy, the more things we have, the happier we will be.
3. We look for more and better things so that we will seem more impressive.

Among the places to fill are purses, wallets, handbags, and briefcases. We fill them with everything from our old high-school lunch ticket with two punches left on it, to the world's largest collection of credit cards—1,098, in one case. And a briefcase remains brief only for the first few weeks. After that, thanks to a dull disposable razor, crumbs, staples, and expired Frequent Flyer cards, it becomes a portable filing cabinet.

In-house depositories include jewelry boxes, where you get stabbed every time you paw through the mess of plastic rings and pins and snarls of shell-and-nut necklaces, gifts from the kids over the years. There's also the junk drawer, where that dried-up package of glue is a goner and where the worn faucet parts have been interred because they were no good where they were before. Then there are the scrap heaps—from Christmas paper and 4-inch-wide rug remnants (red carpet for a Barbie doll wedding?) to odd pieces of Formica and almost-empty cans of roof paint. And finally there are clothes closets, with liners to long-gone coats, single gloves, tap shoes, beat-up pocketbooks, and men's underwear with hearts, cupids, or reindeer on them.

How do we know when it's time to dejunk? When, the author suggests:

- You can't carry your handbag more than a block without shifting arms.
- Your child's history class chooses your closet for their field trip.
- You still have a jar of Gerber's strained carrots and your youngest is 9.

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"The Best of Borge" videos are guaranteed to be future collector's items. They are gems you will enjoy viewing again and again. Warning – you may have difficulty wiping the smiles off.

ABOUT THE ARTIST
Born into a musical family in Copenhagen, Victor Borge was hailed as a piano prodigy at age 8. He eventually gained fame for combining comedy with piano music. He holds the record for the most one-man shows on Broadway (849), and has been knighted by the five Scandinavian countries.

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Is It Still Good?

A hard look at the **shelf life** of a lot of stuff we like to keep forever, straight from the manufacturers.
(From *Not For Packrats Only.*)

Item	How long it lasts in storage	Remarks
Batteries	Zinc carbon, 1 year; alkaline, 3-4 years; lithium, 5 years; mercury, 2.5 years.	If it's crusty or oozing, get rid of it.
Seeds	Over 5 years, forget it; many last half that long, or less.	Vegetables do a little better than flowers.
Flower bulbs	Couple of months at the most.	So you can't skip a year.
Vitamins	2 years.	Forget about "just taking two of them now."
Car wax	A couple of years; longer if never opened.	How many times have you found nothing but a hardened lump in the can?
Hoses	5 years or less.	Sun and weather exposure are hard on them.
Spices	Herbs, 1-2 years; spices, 2-5 years.	All lose flavor with thyme.
Cologne or perfume	2 years.	It may still have some scent, but it's probably not the one intended.
Cosmetics	2 years.	Have you ever tried to apply dried-up lipstick or eye shadow?
Paint	Water base, 2 years; oil base, maybe 3 years.	If it wasn't sealed tightly or has ever been frozen, forget it.
Old cars just parked	10 years in average climate; longer in dry places, shorter in wet.	That's just the body; there are working parts, tires, and fluids to worry about, too.
Rubber boots	Up to 5 years if given ideal care.	Rubber cracks in storage; if exposed to ozone, as in a garage, it will go much faster.
Canned food	12-18 months, depending on type of food; meat and vegetables do better than fruit.	The warmer the storage area, the faster it'll go bad.
Frozen food	3 to 12 months, depending on type of food; prepared foods and meats deteriorate quickest.	If you've forgotten what it is, it's probably flavorless by now; in freezer compartment of a refrigerator, things go faster.
Rubber bands	About 2 years under normal conditions.	Newspaper bands go faster.
Glue	Both water- and solvent-based, 1 year unopened; epoxy longer.	If you don't close the bottle tightly, they'll never see that first anniversary.
Aerosols	3-4 years, at the outside.	If the can's rusty, get rid of it; just because the container still operates doesn't mean what's in it is any good.
Ballpoints and felt-tip markers	About 18 months.	Sooner in dry climates.
Calendars and datebooks	On the last day of the year, printed at least several inches high on the cover.	You're going to wait 6-14 years till that configuration comes around again?

- You have to make a path for the meter reader.
- You are discussing building a bigger house and the children are all gone.
- You know all the people in the first five yards of the flea market line.

Facing up to the truism "When all is said and done, more is said than done," Aslett compares the dejunker with the hunter. They both arrive at the site determined to bag something, but when confronted by an intended victim, they come down with something called buck fever—or junk fever, in this case. And the quarry gallops back into the closet or under the stairs or behind the furnace.

In revealing his secret for successful dejunking, the author resorts to verse:

Junk is a trial, by the mile!
And even by the yard, it's hard!
But by the inch, it's a cinch!

Reduced to prose, he advises us not to tackle too many different kinds of things at once. Clutter got there in bits and snatches, so what could be more logical than getting it out the same way?

Not for Packrats Only exposes all those invalid reasons for keeping things: "I might need it someday"; "It might get me through hard times"; "But I paid good money for it"; "I'm going to fix it one of these days"; "But they don't make them like this anymore"; "But these are memories." Here you'll find advice on selling junk, on giving it away, on hauling it away, on how to ditch the big stuff, on how to keep the keepables (storage). There's a warning about the Junk Bunkers, and finally a chapter called "Staying on the Wagon"—on how to keep yourself uncluttered.

As for the old standby "I'm saving it for later," Aslett claims that this is the saddest excuse going. "Why hobble through a second-rate life with your first-rate stuff stashed away?" he asks. "Do you think your great-granddaughter (yet to be born) is going to appreciate that good silver or good crystal or good jewelry more than you will?"

We would reveal more of Don Aslett's sweet-and-sour work, but if you want to laugh all the way to the city dump, you'll have to read *Not For Packrats Only* for yourself. You'll find it a lot of good "clean" fun mixed with a lot of good common sense.

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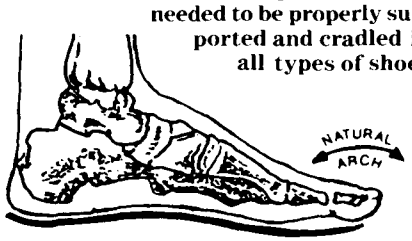
END SORE, ACHING FEET — INSTANTLY!

Which of these foot ailments cause you pain?

- ☐ Corns
- ☐ Calluses
- ☐ Bunions
- ☐ Flat Feet
- ☐ Pain in the Balls of Your Feet
- ☐ Burning Nerve Endings
- ☐ Cramping
- ☐ Painful Ankles
- ☐ Hammertoes

If you suffer from one or more of these problems, then you owe it to yourself to try the remarkable "FOOT CRADLES". Foot Cradles are an amazing discovery from Switzerland. They are guaranteed to end foot pain instantly, or your money back. Does it sound too good to be true? *Please read on.*

A Foot Specialist in Switzerland knew, that to end foot pain, the foot needed to be properly supported and cradled in all types of shoes.



Since nothing he tried before ever gave long-lasting relief from pain, he set out to solve the problem himself.

His efforts produced, the remarkably effective, "FOOT CRADLE" insole support.

Already, millions of men and women have found blessed relief from their foot pain with "FOOT CRADLES".

"I can hardly believe something so simple could work so well. Now, I believe in Foot Cradles! Thank you for ending my foot pain." B.J. Boise, ID

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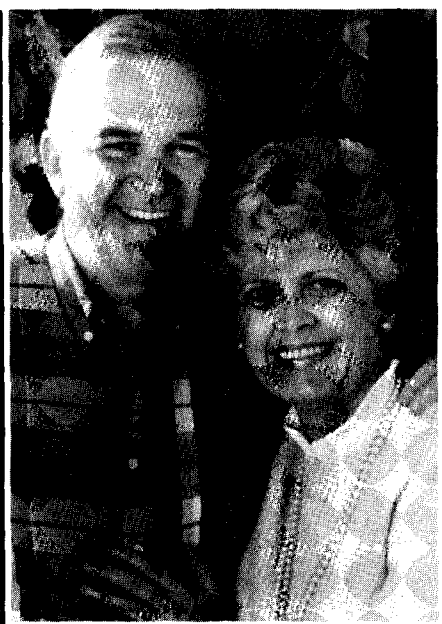

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"I use 'FOOT CRADLES' in all my shoes. They're that good . . . and comfortable. I get instant relief just like you promised." J.M. St. Louis, MO

"FOOT CRADLES" slip easily into any pair of shoes you own — high heels, work shoes, boots, sport shoes, sneakers and sandals. They're so comfortable, you won't realize you're wearing them.

And once you start walking or running, you'll feel the difference immediately. Suddenly you no longer wince with each step. Your foot pain completely disappears.

"I took you up on your Guaranteed RISK-FREE Offer, and 'FOOT CRADLES' have been relieving my foot pain ever since." E.C. Memphis, TN

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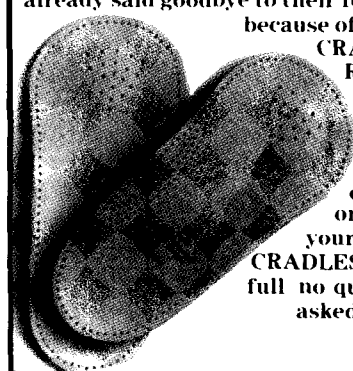

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"SCARLETT" FEVER IS BACK!

More than 55 years after it first hit bookstores,
Gone With the Wind *has a new sequel.*

by Pauline C. Bartel

Great balls of fire! Do Scarlett O'Hara and Rhett Butler finally get back together? The answer to this burning question can be found in *Scarlett: The Sequel to Margaret Mitchell's Gone With the Wind,* published last September by Warner Books. More than 55 years after Mitchell's novel first hit bookstores, *Gone With the Wind* and its feisty heroine are still hot!

From the time her novel was published, Margaret Mitchell steadfastly refused to write a continuation of the saga of Scarlett and Rhett. "I do not have a notion of what happened to them, and I left them to their ultimate fate," Mitchell told those who asked. "With two such determined characters, it would be hard to predict what happened to them." Following her death in 1949, her brother, Stephens Mitchell, continued for decades to reject sequel offers.

But he was aware that the battle could not be waged forever. The expiration of *Gone With the Wind*'s copyright in 2011, he knew, would no doubt unleash countless spin-offs of the story. So Mitchell appointed a committee of three Atlanta attorneys to oversee the writing of an authorized sequel. Working with the William Morrow Literary Agency in 1987, the committee considered 12 candidates for the project before finally selecting the novelist Alexandra Braid Ripley.

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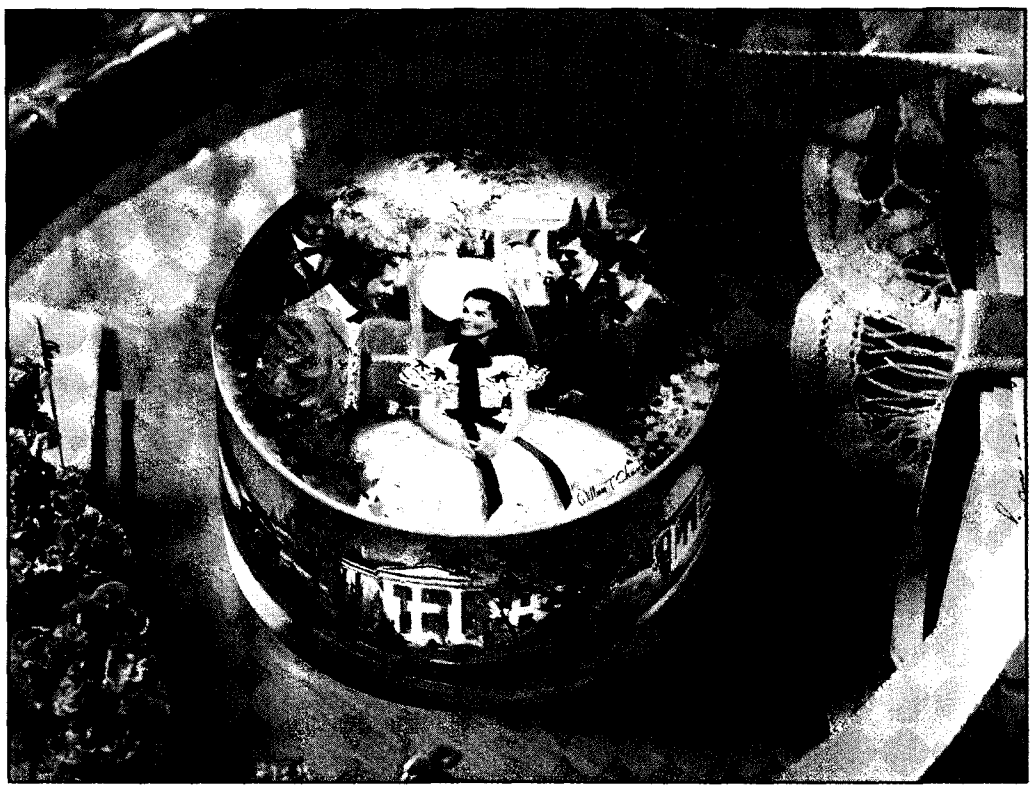
Recapture the romance of
GONE WITH THE WIND*



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***Gone With the Wind*'s leading lady, Vivien Leigh, wasn't even selected until after production of one of the most famous scenes—"the burning of Atlanta." Other contenders for the role of Scarlett included Bette Davis and Lucille Ball.**

Ripley is well connected to the world of Scarlett and Rhett. She grew up in Charleston, South Carolina, the soul of the South and Rhett Butler's hometown. As a child, she took nickels from tourists in return for directions to Rhett Butler's grave.

In 1981, while working as a bookstore stock clerk, Ripley's first novel, *Charleston*, was published. Set in the post-Civil War era, *Charleston* received outstanding reviews from critics, who compared the book with *GWTW*. Ripley's career was launched, and several thick, historical novels later (*On Leaving Charleston, New Orleans Legacy, The Time Returns*), she found herself selected to pen the *GWTW* sequel.

Ripley developed the sequel's plot in consultation with the three lawyers, who wanted to make sure that the integrity of Mitchell's novel remained intact. To prepare for writing the sequel, Ripley read Mitchell's novel at least six times, noting dates and studying the language. In addition, she hand-copied 200 pages of the book to experience Mitchell's style.

As part of her research, Ripley made several trips to Atlanta and Charleston. She studied train timetables between those two cities from the year 1873, maps of city streets, letters, diaries, and old newspapers. Scenes from the 1939 film helped her imagine the rooms in Scarlett's Atlanta house. Ripley chose Charleston buildings dating from the sequel's period as Rhett's town house and the home of Scarlett's aunts.

On publication day, September 25, 1991, with the curiosity of *GWTW* fans at Scarlett-fever pitch, Warner Books frantically filled orders for more than a million copies.

Since 1936, Margaret Mitchell's novel has sold more than 28 million copies in 27 languages and still sells almost 50,000 hardcover and 250,000 paperback copies a year. Here are some facts you may not know about the book and the author who started it all.

- The author kept her name after marriage: Margaret Munnerlyn Mitchell.
- She published only one magazine piece, "Matrimonial Bonds," which appeared in an Atlanta periodical, the *Open Door*, in 1925.
- She worked for the *Atlanta Journal Sunday Magazine* as a reporter at a salary of $25 a week. Her most famous interview subject was Rudolph Valentino.
- Mitchell resigned in 1926 and filled her time researching information on the War Between the States.
- She was confined to her apartment by a sprained ankle and began writing the Civil War novel that became *Gone With the Wind.*
- She wrote her book using a Remington portable typewriter and yellow copy paper.
- She wrote the last chapter of *GWTW* first.
- Mitchell kept completed chapters of *GWTW* in Manila envelopes that she stacked on the floor of her apartment.
- She was fatally hit by a car in 1949.

Pauline Bartel is an avid GWTW *fan and author of* The Complete GONE WITH THE WIND Trivia Book *(Taylor Publishing Company, 1989.)*

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KATE ON KATE

by Jocelyn McClurg

Katharine Hepburn at 84 calls herself "a familiar, like the Statue of Liberty." This is Kate as we have come to know her late in life, snapping out no-nonsense opinions to Barbara Walters or Diane Sawyer, her sleek, angular beauty softened by age into a mature, seasoned glow.

She settles in her favorite chair in the comfortable living room of her Turtle Bay town house, the air fragrant with the scent of fires over the 60 years she has lived in Manhattan. Even on a day when the heat shimmers on New York's streets, Hepburn wears unglamorous, wintry garb: navy turtleneck, a red top draped across her shoulders, tan slacks, her hair swept up in a burnished bun from which wisps of white escape.

She props her beaten Reeboks on the coffee table and begins to speak in those unmistakably patrician tones—"my lovely voice that most people say is a terrible squall"—now deeper and colored by a distinctive quaver.

Hepburn is in a good humor, laughing throatily, dismissing old age as a "universal bo-ah" that has left her wondering if she can "walk down a stair without falling down the damned stair." But being 84 hasn't stopped her from bicycling, playing tennis, gardening, painting, or writing.

The star who has always coveted her privacy has now written it all down in *Me: Stories of My Life* (Knopf, $25), a 400-page autobiography. Hepburn earned a reported $4.25 million to reflect on her childhood in Hartford, her legendary film career, her brief marriage to Lud-

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low Ogden Smith, her affairs with Leland Hayward and Howard Hughes, and the nearly 30 years she spent loving Spencer Tracy.

"I was terrified to have somebody write a book about me after I was dead," Hepburn says of her motives for writing *Me*. "They wouldn't have any critic at all, and they could say anything they damn pleased and nobody could deny it."

Told in idiosyncratic and conversational fashion, *Me* is all Hepburn. She didn't use a ghostwriter, and fans of Kitty Kelley may find Hepburn's revelations disappointingly tame. But the book is often brutally honest and moving, brimming with feeling for her parents, Tracy, and "Luddy" Smith, the sophisticated Philadelphian who got left behind in her quest for fame. Hepburn writes that she was an "absolute pig" to the man she married in 1928, whose existence she failed to even acknowledge when she first arrived in Hollywood.

"Looking back, you know you have sense enough to know all the horrible things you've done to get where you've gotten," Hepburn reflects. "Luddy was an angel. Luddy, I think, really loved me, and he was very sweet. He did everything he could to make my dreams come true."

Katharine Hepburn, the actress with the Bryn Mawr brains and the tony looks of a thoroughbred colt, was an anomaly in Hollywood. She wore pants, portrayed strong, independent women with a soft spot for the right guy (usually Cary Grant or Spencer Tracy), and felt more at home back in Hartford or in Fenwick, the section of Old Saybrook where her family has long had a summer home.

Looking back, she says she doesn't know how she ever got the idea or nerve to be an actress. "I wanted to be famous. I didn't care what it was in. Win the race," Hepburn says in her characteristic, clipped way.

In *Me*, Hepburn writes frankly of early failures in the theater—"I have a very good memory for disaster," she laughs—including the infamous opening night of *The Lake* in 1933, of which the writer Dorothy Parker

Hepburn in a photo taken by MGM for *The Saturday Evening Post*'s article "The Hepburn Story," which appeared November 29, 1941.

At 84, Katharine Hepburn's sleek, angular beauty has been softened by age into a mature, seasoned glow. She dismisses old age as a "universal bo-ah."

Scenes from Her Past

"I think it has a good deal of charm, don't you?" Katharine Hepburn asks as she peers at a small painting of a woman in a white Victorian dress by the seashore, an impressionistic study in blues and whites.

The woman is her mother, and Hepburn painted her from a photograph taken while Katharine Houghton Hepburn and Dr. Thomas Hepburn honeymooned in 1904.

"She and Dad were standing together on their honeymoon, but I could not paint Dad, so I had her alone on her honeymoon," Hepburn laughs. "I think it's funny."

The painting of her mother is one of more than a dozen works of art by Hepburn that decorate her New York town house, along with prints by Hirschfeld and portraits of Hepburn by artists like Myfannwy Pavelick Spencer.

Hepburn began painting in the 1960s in California, during the years she virtually stopped working to care for Spencer Tracy as his health failed. "He couldn't paint at all, he just couldn't paint at all," she says in a conspiratorial tone. "He tried," she laughs.

Although Hepburn considers her paintings "pretty good," she doesn't sign them. "I'm ashamed to," she says.

She leads a visitor to two upstairs bedrooms, first to see a pair of watercolor landscapes she painted of scenes in Stratford, Connecticut. Then it's down the hall, past a caricature she signed and once exhibited of herself and Tracy—her profile all high cheekbones and angles, his square-jawed presence half-hidden behind hers. "I think that's fun," she says.

In the other bedroom, cluttered with a massive collection of sensible shoes, one wall holds a gallery of small oils by Hepburn, mostly flower paintings. There is a small, Georgia O'Keeffe-like rendering of a spare, white-walled bedroom Hepburn did in California, and a charming little study of a woman having breakfast in bed. Hepburn? "Think so. Couldn't be anyone else," she answers.

Now that she's written her autobiography, Hepburn allows that "somebody" has suggested she could make a lot of money exhibiting and selling her paintings.

"I think I'm going to take them all down and sell them," she says. "But then what would I do? Well, I certainly wouldn't want to give them away." Ever the Yankee. —*J.M.*

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quipped: "She ran the gamut of emotion from A to B."

"I just walked through that opening night in a state of total terror," Hepburn recalls. "So then I thought, 'You just must learn how to do that. That's no good. It isn't even you, it's just *pathetic*. Get out of the business if you're going to do that.' "

More tribulations lay ahead. Hepburn had won the first of her four Academy Awards for *Morning Glory* (1933) and had received accolades for *Little Women* when she starred in a string of box-office flops—"stories that were bores"—while under contract to RKO. By 1938 the Independent Theatre Owners Association had labeled her "box-office poison."

***The Philadelphia Story* (1939), with Cary Grant and Jimmy Stewart, gave Hepburn her big break and an Academy Award nomination.**

Hepburn's "crusader" mother "Kit" (right) with Pearl Buck and Margaret Sanger in 1935.

Dr. Tom Hepburn, father of Katharine Hepburn, about 1912, when he was a young, rebel doctor at Hartford General.

The leading lady at age 9. A high-spirited child who climbed trees and wanted to be a boy, she shaved her head every summer until she was 14.

She bought out her RKO contract for $220,000, and Philip Barry wrote a role for her that would change everything. *The Philadelphia Story*, starring Hepburn, was a hit on Broadway in 1939 and was made into a film the following year. "After *Philadelphia Story* I just chose my own material," she says. "Then if it laid an egg, the whole story was very clear, you know. But at least I liked it."

In 1942 she made *Woman of the Year*, her first film with Spencer Tracy, and by then the Hepburn legend was set in stone like a star on Hollywood Boulevard.

Hepburn declines to speculate on her appeal to generations of audiences. "Do you ever have any sense of yourself in relation to what you do? If I were a runner and I'd won the race, I'd say, well, I could run. Well, I obviously could do something, but I don't quite know what it is."

Hepburn was born May 12, 1907, at 22 Hudson Street, Hartford, to Katharine Houghton Hepburn, who flustered the conservative city with her crusades for birth control and the right for women to vote, and Dr. Thomas Hepburn, a surgeon.

"I have to say that my family intellectually was a gift of God. I mean Dad and Mother both had good brains and they were doing things that were very interesting, and so it was a very lively sort of atmosphere to be brought up in," Hepburn says. Family life also was marked by tragedy—when she was 14, Hepburn discovered her older brother's body hanging from a rafter, an apparent suicide. But she writes that her parents were not ones to dwell on death.

Hepburn was a high-spirited child who climbed trees, drove a car around without a license (which the police ignored until she had an accident on Asylum Avenue), and wanted to be a boy (she called herself "Jimmy").

When did she decide she liked being female? "I don't know whether I ever decided. God decided that I better face the fact," she says, laughing heartily.

At Fenwick, Hepburn would climb

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into vacant houses with a friend—"we didn't steal or destroy anything"—until they were finally caught.

"It was exciting. You ever try it?"

The interviewer demurs.

"Too late," Hepburn chuckles.

After her divorce from Luddy Smith in 1934, Hepburn had romances with Hollywood agent Leland Hayward, millionaire Howard Hughes, and of course, Tracy, but she never married again. Hepburn writes in *Me* that she "liked the idea of being my own single self."

"It's pleasant, owning the house and doing what you want to do," she says, looking around her spacious, sunny living room, filled with artifacts and paintings, among them a portrait of two impassive seagulls Hepburn painted at Fenwick.

Her devotion to Tracy, who never divorced his wife, Louise, became legendary. Universally admired among other actors for his seemingly effortless craft, Tracy also battled a notorious drinking problem. Her account of Tracy's death and a subsequent chapter titled "Dear Spence" in *Me* are heartrending.

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Katharine Hepburn and Spencer Tracy made nine unforgettable movies together, including *Pat and Mike*, *Woman of the Year*, and *Guess Who's Coming to Dinner*.

Hepburn says Tracy never had "total harmony within himself," and in *Me* she asks him why he needed an "escape hatch." "I ask, 'What was it upsetting you?' Obviously the first thing that upsets him is that he was Irish and he's given to be upset," she laughs. "The Irish are either overjoyed or upset, which I liked, of course.

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Notable Quotes

▶ **On acting:** "I think you either can do it or you can't do it. Usually if you want to do it very much you can do it. Sometimes you want to do it very much and you can't do it. But I don't think it requires any special brilliance.

"It took a lot of nerve in the theater. I don't think it takes any nerve in the movies."

▶ **On why she never directed a movie:** "I think I could have, but I don't think it would have interested me. Then the natural question is, 'Why, couldn't you dream of directing anybody but yourself?' And maybe that's true. I thought I was so great, I was so lucky to have me to direct, that I didn't need to bother to direct anyone else."

▶ **On *Gone With the Wind*:** "It wasn't something I was dying to do. I thought it was a damn good book when I read it. I would have liked to have done it, but I wasn't that mad to be Scarlett O'Hara. I thought I was right, that it was extremely important that they get somebody new [for the part]."

▶ **On George Cukor as a "woman's director":** "I think that's just the lingo of the moment. I think that's a bore."

▶ **On watching her movies:** "I don't look at the movies. After a certain point in your life, when you begin to decay, your judgment is poor. You don't see yourself the way other people [do] and you worry about stuff the audience just takes for granted."

▶ **On comedy:** "I like to make people laugh, and I like to laugh. I was brought up in that era of the '30s and '40s when the writing had a great deal of wit. Now it doesn't. It's rather heavy on the witty side. Comedy today is visual, it's not literary, and ours were both literary and visual."

▶ **On her favorite films:** "It was fun doing the things with Spencer [Tracy]. *Little Women* I thought was great fun. *Lion in Winter* I thought was good."

▶ **On the press:** "I used to duck the press all the time, just for fun... They like to torture people, so I like to torture them back... I think it was sort of a game."

▶ **On critics:** "I'm no good at looking at criticism. I've had some very sharp criticism in my day, you know, for acting. I don't think actors should read critics."

▶ **On autobiography as a learning experience:** "I know myself. I've lived with myself for a hell of a long time, so if I don't know myself now I'm never going to." —*J. M.*

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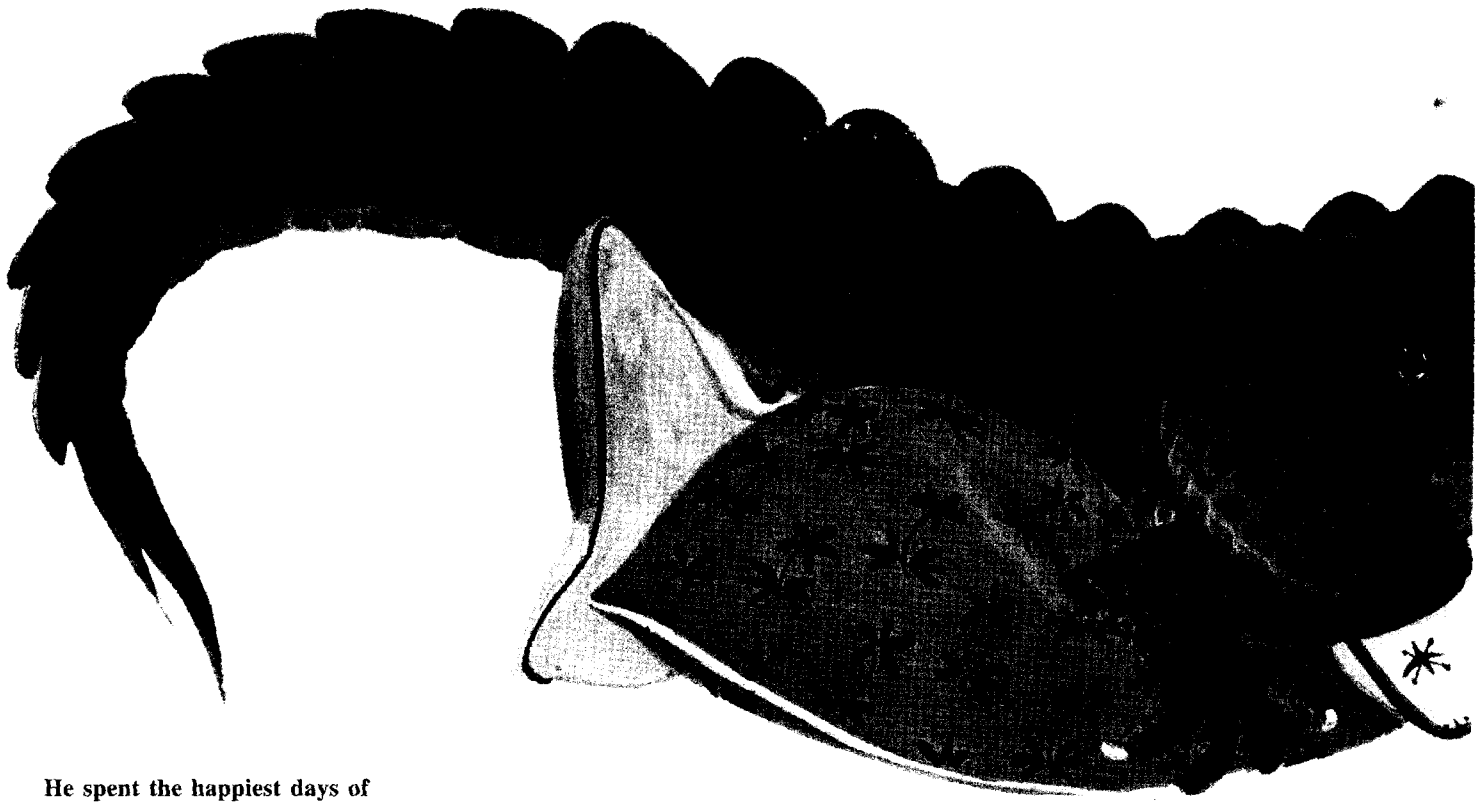

He spent the happiest days of his life in the apartment at Lexington Avenue and 88th Street.

Once there was an alligator that had lived for 11 years in a New York apartment. You'd think he would be happy to get back to Florida.

The Alligator That Hated Swamps

By DON TRACY

When the worst drought anybody could remember stretched on and on, things got tough in the swamp. Especially for Georgie. Georgie had not liked the swamp in the best of weather; it was too wet, too dank, too eerie. He much preferred Lexington Avenue and 88th Street, New York City, where he had spent his happiest hours, even though dear old Mother Nature officially decreed that alligators were never happy outside a swamp.

Georgie had finally given up arguing the point that dear old Mother Nature had rocks in her head.

"So I'm happy," he used to say gloomily, lying on a mudbank surrounded by mangroves and moccasins and such. "It's right there in the book."

He said this to himself, as he said most things. Georgie was not popular in the swamp; in fact, the other members of the colony that inhabited this stretch of muck and quicksand, black water and scum, had banished him to the very fringe of the community. When he had first arrived they had been wary enough; after Georgie had sounded off they had labeled him a radical, at best, and more probably a pathological liar.

"Morons," Georgie would sniff. "Yokels."

But he was lonesome. Even if Alice had not treated him as she had he

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Illustrated by ROBERT JONES

would have been miserable as an outcast, because Georgie was basically a gregarious kid who needed friendly company, a bunch of the boys with whom to whoop it up occasionally. With a congenial crowd of fellow 'gators he might have adapted himself to a humanless existence; as it was, he grew more nostalgic, more morose, day by day.

He had thought of beating his way back to New York, but his worst spells of homesickness had not given him the courage to make another try. His first four attempts had turned out badly and, besides, he realized that humans who didn't know him were likely to take a dim view of traveling alligators. There had been that motel guy in South Carolina, on the way down, for instance. He had positively flipped his lid the time Georgie had unlocked the door of his room and had taken a little stroll to stretch his legs in the cool of the evening. The jughead had waved a shotgun around and if Mr. and Mrs. Jones and Nancy and Susie hadn't all yelled bloody murder there was no telling what would have happened.

There was the Lincoln Tunnel too; he had no idea how he could get through that with a whole hide, even if he lucked onto the right way home instead of getting lost again.

"So here you squat," he muttered, "in the middle of a Florida mudhole. Very gay, that's you. If I could just once latch onto that rental agent——"

Life had been so good before the rental agent had walked into the Jones apartment and spotted him lying on the window ledge, looking down at the traffic on Lexington Avenue, minding his own business. You'd think the guy never saw an alligator before, the way he had hollered and waved his arms and gotten blue in the face.

"That's Georgie," Mrs. Jones had tried to explain. "He's our pet!"

"Get him outta here!" was all the rental agent had been able to screech.

"But we've had Georgie ever since he was a tiny baby," Mrs. Jones had said. "We brought him up from Florida as a souvenir for Susie when she was 3 years old."

"Susie is 14 now if she's a day," the man had gasped. "You mean that thing is——"

"They grow about a foot a year," Mrs. Jones had said, and very patiently too. "That explains Georgie's size."

"How—how—how did you move him in here?" the man had wanted to know.

"Rolled up in a carpet," Mrs. Jones had told him. "Georgie thinks moving is a game."

Which should have satisfied the inquisitive jerk, but it had developed that this guy had some kind of phobia about alligators in apartment houses. And Mr. Jones had finally gone over to the opposition and said something about maybe their knowing at the office that he kept a pet alligator was why he hadn't been made a member of the firm, and it had all wound up with them deciding to give him to a zoo.

Georgie knew now that it wouldn't have been too bad, compared with what had happened to him, but at the time he had put up a beef. He had

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hissed and spread his paws and tried to tell them that this was a lousy way to treat a member of the family, and after a real go-around he had won and the zoo idea was out. But what had they come up with next?

Nancy (he suspected Nancy hadn't liked him much since the time he came out of the kitchen to get a gander at her special new boyfriend and the pantywaist had fled, screaming) had started in on how sad it was about all dear old Mother Nature's children that were in captivity. Turn Georgie back to his native habitat, Nancy had emoted, where he would be as happy as dear old M.N. intended.

They had sold him a bill of goods, the four of them. They had convinced him that there was something to this return-of-the-native bit and he actually had enjoyed the trip down Route 301, thinking how nice it would be to have a lot of friends of his own kind and—*heh!*—a girlfriend or two.

The parting had been pretty teary on both sides, but if Georgie had known what was waiting for him in the swamp there wouldn't have been any parting at all; he would have stuck with them if it had meant making a scene right there in the middle of the highway. He had watched them drive away, all weeping, and then he had turned and headed into the swamp and the friends and the little gal 'gator who were waiting with open arms.

From there on out, things had not been so good. In the first place, the swamp water was not the water of the Jones shower; in the second place, a body couldn't move an inch without getting all over black mud. The bugs were something terrible and the heat was terrific.

But if he had been sweating up a storm when he walked into the kaffee klatsch Big Abe was presiding over, the freeze had hit him immediately. They had all stopped talking and given him the fish eye, no matter how wide the grin he had given them. There had been an eight-bar pause before Big Abe, the head man, had asked, "Something?"

Georgie had been burned by his reception and perhaps his first crack had been a little flip for a newcomer. "Yeah, Cuddles," he had said, "I'm looking for a place in the country, and your village was recommended."

"The next colony," Abe had said, barely moving his lips, "is three miles down the creek. You can't miss it."

George got into a fearful row with Big Abe, and ended up being tossed out of the colony.

Georgie had started to move along and then he had spied Alice. She was gorgeous; Georgie fell for her on sight. He fell so hard, in fact, that he changed his tune to Big Abe; he practically begged to be permitted to stay.

"Well, all right," Abe had said. "You can stay if you behave yourself. We got no use for troublemakers in this here swamp."

Georgie had said sure, sure, they wouldn't have any trouble with him; but there had been nothing but trouble from the word go. Alice had no use for him, laughed at his New Yorkese, wouldn't date him no matter how he pleaded, went out of her way to be nasty. And—well, maybe it was Georgie's fault that he made no friends with his suggestions for changes, such as tidying up the swamp a little here and there and livening up the menu. The blowoff had come when he had lodged his thousandth complaint about the food.

"Fish, nothing but fish," he had grumbled. "Don't you guys ever get sick of this lox on the fin? Now in New York——"

"Listen, you!" Big Abe had roared. "If you don't like the food here why don't you go back where you came from? We're getting fed up with your griping, Buster!"

"I only said——"

"You been only saying ever since you hit here!" Abe had made horrid mimicry of Georgie's accent. "In N'Yawk I had steak bones and leftover broccoli. In N'Yawk I never went to bed before midnight. In N'Yawk this and in N'Yawk that—I tell you it's getting on our nerves!"

"Nerves?" Georgie had retorted, stung. "What nerves have you dopes developed, sloshing around in this cesspool? In N'Yawk—I mean New York—we got nerves that are nerves!"

That had torn it. There had been a fearful row that had ended with Georgie being tossed out of the colony, bodily.

That was the first time Georgie had sworn he was going to try to make it back to New York and who cared if a trailer truck got him somewhere in Maryland? He had started out, full of embittered vim and vigor, and he had journeyed five days and six nights before he wound up bumping into

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Big Abe in the dark and taking another shellacking. He had traveled in a circle. Three more attempts to get out had all ended the same way. Georgie was lost—lost in his own adopted backyard.

The others had jeered, Alice most of all. "All that stuff 'bout goin' Nawth," she had drawled. "Ah bet (she pronounced it *bay-utt*) that old Gawgie jus' simply died (dahd) he was so skay-udd, soon as he got one measly ole mile."

The interpretation is not exaggerated; she was a great "itty-bitty" and "I 'clahr" gal, that Alice—so much so that her neighbors usually snickered, shuddered, or gagged whenever she opened her mouth. Georgie thought her talk was cute.

Alice's ridicule had proved the final straw; Georgie, crushed, had retreated to his mudbank on the outskirts, and there he basked drearily while the drought lengthened and the situation reached a crisis.

To Georgie, it was awful. The swamp, to him, had never been the fragrant Eden it was to the other 'gators; a million times more savory to him the perfume of auto exhausts, the tangy scent of subway ventilators, than the exotic blend of subtropical flowers and still, shadowy pools. Now, with the swamp drying up, the water receding to leave long stretches of gas-bubbled muck, the air became decidedly ripe.

"This," Georgie murmured, but dispiritedly, "is something for the board of health. I'm probably loading myself with virus bugs every breath I take." He sighed a deep, bug-laden breath. "But who cares?"

Brooding dismally, he passed the days waiting for the virus to carry him off, dreaming of the dear, dead days of 88th and Lex, shunning the others and being shunned.

Then one morning—there was a rustling in the drought-seared foliage, the sound of sobbing, and Alice came into view.

"Gawgie! Gawgie, honey!" she cried. "They left me behind! They deserted me!" She avalanched upon the stunned Georgie and cast herself into his arms, weeping brokenly. "The old meanies," she wailed. "They snuck out on me, Gawgie! What'll Ah do?"

"You mean the others have gone someplace?" Georgie asked brilliantly.

She disentangled herself to wave her arms. "Gone someplace? But of co'se they've gone someplace! They've migrated, that's what! And they promised to take little ole me along if Ah—if Ah talked different, but Ah sho' nuff don't know how Ah kin change the way Ah was bo'n to talk! Ah tole them Ah'd try to talk the way they-all wanted me to, but Ah kain't change overnight, kin Ah? Ah sweah, Ah think they're downraat mean to sneak out on me when they migrated——"

"Just a minute, Alice," Georgie broke in dazedly. "What's with this migrating?"

"The drought, silly!" she explained patiently. "They been fixin' to migrate foh days and days. And they promised to take me if Ah changed the way Ah talk—that big ole Abe said Ah got on his nerves—and Ah tried, and what'd they do? They up and left me with jus' you, that's what; and what'll I do?"

It took a bit of deciphering, but Georgie finally got the story. It seemed that the touchy nerves Big Abe boasted had been twanged once too often by Alice's Southern accent; the boss 'gator had warned the gal that unless she (to quote the tearful Alice) "talked through mah nose lak a Yaankee," she would suffer Georgie's fate, ostracism.

"And when we-all were fixin' to migrate, Ah—Ah guess Ah got so excited Ah forgot; and—and they snuck out on me," Alice said, collapsing again into sobs.

If Georgie had been less in love he

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"What are you goin' to do?" Alice wailed.

Moving day was great fun for Georgie. He thought it was a game.

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SPEAKING OUT

GIVE OUR KIDS A HEALTHY LUNCH

School lunch programs offer too much fat and too little nutrition—and the father of aerobics says it's time for parents to stand up for their children's fitness.

by Kenneth H. Cooper, M.D., M.P.H.

Too often we parents have heard some version of this familiar chorus: "That school lunch was so bad I could hardly even look at it!" "No, I didn't eat. They didn't have anything I like." "We mainly stand around and talk during gym." "I don't like to play those games at school because I get hot and sweaty, and there's hardly ever a chance to shower."

In general, many of our schools have failed to provide adequate health, nutrition, or fitness instruction because of a lack of funds or information. And busy mothers and fathers have failed to stand up and be counted for programs that will promote the physical well-being of their kids. Consider some of the results:

▶ Only 21 percent of children in grades 3 through 12 say they think a lot about whether the food they eat is good for them, according to a 1989 Harris poll.

▶ On the usual school day, 19 percent of students skip breakfast and 13 percent don't exercise even twice a week in school, according to the Harris poll.

▶ Of the children surveyed by Harris in grades 3 to 12, 18 percent smoke cigarettes occasionally or more often.

▶ Almost half of high-school juniors and seniors admit they drive after drinking alcohol.

▶ Approximately 25 million American children eat school meals prepared according to the standards of the U.S. Department of Agriculture's National School Lunch Program; yet those government standards lack adequate guidelines about how food is to be prepared or the amounts of fat, sugar, sodium, fiber, vitamins, or minerals that are appropriate in the meals.

So we're well aware of the problems. But how can we overcome these problems and come up with some solutions?

There are three possibilities I want to submit for your consideration—the sack lunch solution, the school program solution, and the social action solution.

The Sack Lunch Solution

The best solution to inadequate school lunch programs is, of course, to get the school to change. But as we'll see a little later, that often takes time and effort and may never happen while your child is still a student.

As an alternative, parents can fall back on the old-fashioned sack lunch—but with a few new nutritional twists. Here are some tips from our nutritionists on how to prepare a healthy sack lunch:

▶ Don't assume you have to include a sandwich; easy-to-fix alternatives include hard-boiled eggs (left in the shell), baked chicken, soup or broth in

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a thermos, turkey slices without the bread, shelled nuts, pinto beans, or cubes of cheese. BUT NOTE: Whole-grain breads can supply much-needed fiber, carbohydrates, and other nutrients, so don't sell the sandwich short!

▶ Fresh fruits that taste great for lunch are grapes, peaches, plums, apples, melon wedges, pears, bananas, tangerines, and pineapple wedges; those that are "runny" or have excessive juice can be packed tightly in a plastic container. Raisins and dried fruit are enjoyable "sweets" too.

▶ Low-fat milk is usually an essential ingredient; pour it in a thermos.

▶ Include natural, 100 percent fruit juices.

▶ Many children *love* low-fat, fruit yogurt after they finally try it.

▶ Homemade cookies, made with oatmeal, raisin, or wheat germ, are good examples of nutritious sack lunch desserts.

▶ Homemade fruit-filled or bran muffins are another great source of fiber and carbohydrate calories.

What should you avoid in a sack lunch? Here are a few no-no's:

▶ Avoid commercial snack items such as cookies, cakes, or candy bars; these are usually full of too much sugar and saturated fats.

▶ Avoid punch and fruit beverages that are mostly colored water and contain too much sugar.

▶ Avoid hydrogenated, commercial peanut butter, which contains saturated fats; stick to the natural, nonhydrogenated kind.

▶ Avoid potato chips and related items, which typically are loaded with saturated fats.

Too often, sack lunches, as well as school lunches, contain high amounts of fat, which tend to weigh heavily in the digestive tract and may cause drowsiness. Also, kids may tend to consume too much salt and sugar from even homemade fare, which may cause problems with high blood pressure and obesity, respectively.

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Arnold on Fitness for Kids

One of my recent films, *Kindergarten Cop*, introduced me in vivid terms to the excitement *and* joy that exercise can provide for even the youngest children.

The movie was about a policeman who had to go undercover as a kindergarten teacher. In one of the scenes, the children in the movie do some exercises—and they really got into the program! The more activity we requested, the more fun they had as they yelled, ran, jumped, and, in general, enjoyed themselves. As a result, we actually added more exercise sequences than we had originally planned.

The kids in *Kindergarten Cop* loved the exercises.

This experience impressed me in several ways. First, it's clear that most children are *naturally* drawn to vigorous physical activity. Also, the more exercise children do, the more they *want* to do it. In other words, if given the opportunity and guidance, they easily acquire the exercise habit.

Physical fitness experts such as Dr. Kenneth H. Cooper, author of *Kid Fitness*, emphasize that habits and lessons learned early are more likely to stay with us throughout life. The main idea is to help children get started on a fitness program and then to support them as they find the particular activities or sports that seem most interesting.

As the chairman of the President's Council on Physical Fitness and Sports, I believe that one of the major goals of any sound physical fitness program should be to benefit as many children as possible. The best approach will focus on promoting challenging but achievable levels of health and well-being for the nonathlete as well as for the child who will go on to play competitive sports. Again, I support one of Dr. Cooper's key themes, that kid fitness must be available for every child at every developmental level.

In this vein, it bothers me that there is only one state, Illinois, that requires daily physical education for all youngsters, from kindergarten through grade 12. When I was growing up in Austria, everyone who went to school had to do one hour a day of exercise. Also, we had sports programs three times a week for those who wanted to engage in athletic competition. I long for the day when this approach to fitness will be commonplace in the United States. To make this vision of kid fitness a reality, several prerequisites are necessary:

All of us should learn to distinguish between sports programs and physical education programs. As Dr. Cooper says, achieving good health and reaching a high level of conditioning for sports are not the same thing. So we must be sure to devote as much thought, energy, and money to promoting basic fitness as we do to athletic prowess.

Our school systems and community programs must expand and improve their fitness efforts with an eye toward drawing in all children, not just the elite few. We need to focus on improving the average youngster, not just on helping the one who can lift 500 pounds, or run 100 meters in 9.9 seconds, or play varsity basketball.

Parents must make fitness a family affair. How can Mom and Dad help? They can participate in exercise activities with their children. They can turn off the TV and encourage all family members to get out into the yard or on the street for a brisk walk.

We have a saying at the President's Council on Physical Fitness and Sports: "It's just as important to grow up fit as it is to grow up smart." That's the basic principle for transforming the health and well-being of our children. All that remains is for parents, teachers, coaches, and children to commit themselves to a workable program that prescribes sound exercises, good nutrition, and other fitness guidelines that can make the principle a reality.

—Arnold Schwarzenegger
Chairman, President's Council on Physical Fitness and Sports

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AMERICA DISCOVERS COLUMBUS

Parties like these only happen once every 500 years—just ask 37 communities named Columbus.

by William H. Holden

Miss Liberty and Christopher Columbus are getting married—symbolically, that is. We're talking about her statue in New York Harbor and his statue in Barcelona.

The "monumental" wedding is set for Valentine's Day 1992 in Caesar's Palace, Las Vegas. Image projections will be shown of bride and bridegroom, because both are more than 200 years old and are permanent residents of their home communities.

Their engagement was announced in 1986 in New York City by then-Mayor Edward Koch on Miss Liberty's 100th birthday. Toasting the happy couple, Koch confessed, "I didn't even know they were dating."

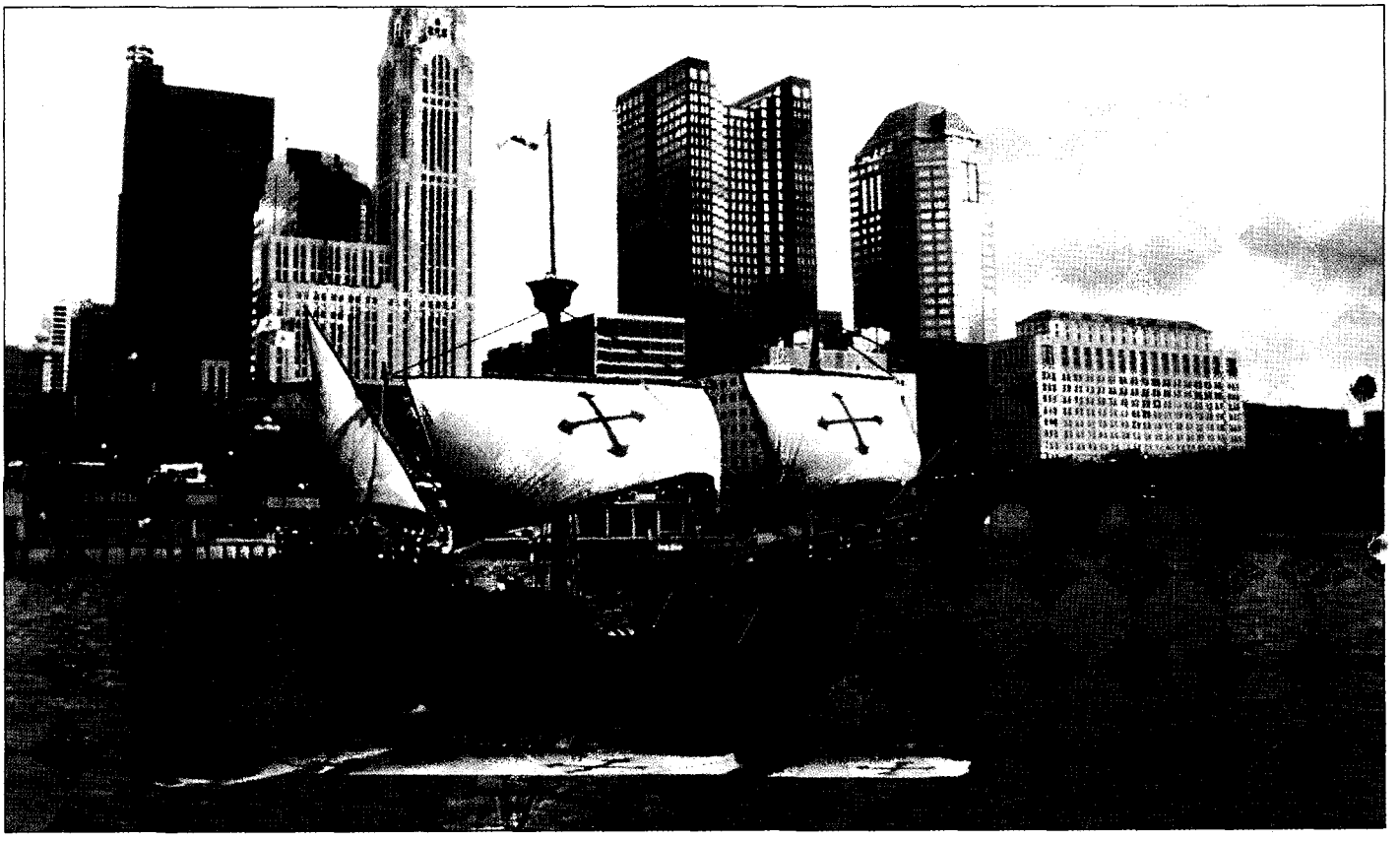
Her engagement ring is a whopping three feet in diameter; the "diamond" is a Mitsubishi television screen that plays a video about Columbus.

This honeymoon project was dreamed up by Spanish artist Antoni Miralda to symbolize the 1492 marriage of Old and New worlds. It's one of many special events marking the 500th anniversary of Columbus's epic voyage.

Probably the most lavish celebration will be the $93 million AmeriFlora extravaganza in Columbus, Ohio, where First Lady Barbara Bush will snip the ribbon on opening day, April 20. More than 4 million visitors are expected for AmeriFlora, centerpiece of the U.S. Quincentennial celebration. Visitors will enjoy rare flora from the Old and New worlds as they wander through fantasy lands ranging from tropical islands to Himalayan mountains to Arizona deserts.

Other Ohio Quincentennial events will precede AmeriFlora's opening. One event people might want to muscle in on is the appearance of Arnold Schwarzenegger, who visits Columbus each year to direct his Bodybuilding Classic. As in his *Terminator* movies, he no doubt has promised residents, "I'll be back!" to pump up his champion classic, February 29 through March 1.

Whereas Barbara Bush will "open



In April, Columbus's flagship, *Santa Maria*, will again sail the blue (of Ohio's Scioto River). A full-scale model will remain on permanent display in Columbus, Ohio, following the city's $93 million celebration of the Quincentennial.

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Art depicting Christopher Columbus is enjoying a Quincentennial comeback. Copies of Emanuel Leutze's dramatic painting *The Departure of Columbus from Palos in 1492*, which was "lost" for almost a century, are touring the country.

the door" to AmeriFlora crowds, President Bush will promote the Quincentennial by officiating in ceremonial openings at the Capitol entrance of the great "Columbus Door," embossed with bronze scenes from the explorer's life.

In Columbus, Texas, the only living descendant of Columbus—Christopher L[illegible] of Boalsburg, Pennsylvania—will lead the town's Quincentennial parade on May 9. Anyone named Christopher or Columbus or both is invited to join him in the vanguard. Invitations have been sent to movie director Chris Columbus and actor Christopher [*Superman*] Reeve.

Persons born on October 12 are invited to the Christopher Columbus Birthday Party in Columbus, Kansas, where the chamber of commerce byword is "Help America Discover Columbus"—referring to the one in the state of Kansas.

Since New Jersey is the "Garden State," its town of Columbus has borrowed an idea from Ohio's AmeriFlora exposition. The goal is to make Columbus the state's floral showplace. Civic officials have distributed hundreds of flower-seed packets stamped "Color Our Town Pretty" to residents. And gardeners are blazoning city parks with bursts of color.

Columbus, New Jersey, is the home of Joseph Laufer, 56, who is traveling the country in a Columbus costume to publicize the Quincentennial. He arrived in Columbus, Wisconsin, in May 1991 to help launch the town's "500 Days to 500 Years" countdown. Each day is marked off the calendar as the Quincentennial's climax approaches on October 12, 1992. The event is the brainchild of Daniel Amato, president of the town's Columbus Quincentennial Celebration. In his Columbus trappings, Laufer ascended in a hot-air balloon for an overview of the town, so its citizens now can say, "Columbus discovered Columbus, Wisconsin."

Columbus, Mississippi, will orchestrate a "Christopher Columbus" musical into its April 2-3 Spring Pilgrimage to antebellum homes. On June 13, a Columbus actor and crew will land on the beach, "discovering" the annual Water Festival.

Retracing Columbus's first voyage, tall ships from many nations, plus replicas of the *Niña*, *Pinta*, and *Santa Maria*, will participate in the Grand Regatta Columbus 1992. The ships will cast off from Cadiz, Spain, in April and race across the Atlantic. A world-class celebration will greet them on June 10 in San Juan, Puerto Rico, where Radio City Music Hall Productions is tuning up for week-long spectacles starring world-renowned talents, all televised internationally.

Tall ships and the caravel replicas will cruise to New York for the July 4 reception in the harbor. After that, many of the ships will sail to Boston, then charge back across the Atlantic, finishing in Liverpool.

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LEND ME YOUR EARS

by Maynard Good Stoddard

Illustrated by Don Trawin

How do you reveal to your dear wife that she not only has become hard of hearing, but that she's also beginning to mumble?

She, on the other hand, doesn't hesitate to suggest that it is me who couldn't hear "a sonic boom if it were in the next room," as she so quaintly puts it. Me, imagine. But to keep our marriage from going belly-up at this late date, I laugh it off as only a desperate defense for her own auditory deterioration.

Actually—and this is confidential—my only concession to the "silver citizen" generation has to do with my sense of smell; it's pretty well shot. In fact, and this is just between us, I couldn't smell a skunk if it were sitting on my lap eating garlic. But if my dear wife knew this, no telling what she might be trying to pass off at the dinner table. What she gets away with already is murder.

Anyway, I have approached her hearing problem tactfully, if I do say so myself. Other husbands might have come right out with something like, "By the way, dear, do you realize you're becoming deaf as a lamppost?" But I went to the Spencer-Owen Library to explore the reason why she is becoming deaf as a lamppost, and how we might avoid our current pattern of conversations:

Me: It looks like rain.
She: What?
Me: I said it looks like rain.
She: I didn't hear you.
Me: What?
She: I said I didn't hear you.
Me: IT LOOKS LIKE RAIN!
She: You don't have to shout.
Me: What?
She: Oh, forget it.

Now, I'm not suggesting—lest it put my eternal well-being in jeopardy—that our Maker in making man made a mistake. But it would have been thoughtful to have the human ears continue to grow with age. With a cutoff date, say, at around age 65, or at least before they reached the size where they'd be piling up on the shoulders. But earflaps of maybe 8 or 10 inches would certainly have saved conversations from being sprinkled with witty retorts such as "Hmm?" and "What?" to the more profound "How's that?" and "Come again?"

The library, however, didn't provide as much help as I had hoped.

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"Conductive deafness from earwax blockage" I understood, although I had to look up *conductive*. "Sensorineural deafness from fluid pressure in the labyrinth" didn't mean a thing. (I thought the labyrinth was somewhere in Italy.) About the only explanation of my dear wife's condition that made sense was "the hearing mechanism gradually degenerates with age, and about one-fourth of the population over 65 need a hearing aid." Also within my intellectual grasp was the revelation "to an adult who has started to become deaf . . . high tones are less audible than low tones, and the sounds *s*, *f*, and *z* are not heard at all."

So where did that leave a man of my gentle nature? To tell my dear wife to go soak her ears was out. Definitely! To limit my usual witty remarks to words without the *s*, *f*, and *z* sounds could very well bring my usual witty remarks to a screeching halt. There would be less risk of our marriage ending up in small-claims court, I decided, if I girded up my loins and suggested to Dear Wife that she was ripe for a hearing aid.

But whadaya know, folks, when the idea presented itself, I lost my nerve.

We were watching a movie on Channel 4—watching the action but guessing at the dialogue—when she said, "If that's as high as the volume will go, the old set needs an overhaul."

The volume was loud enough at least that I had to reply, "What?"

"The volume is weak! The old set needs an overhaul!"

The perfect opening for me to inject, "It's your ears, old girl, that need an overhaul." But instead I meekly called the TV repairman.

For a mere $114.85 (the bill is now thumbtacked above my aging bride's sewing machine), he tinkered at the back of the set, put up a new aerial, and at 9 cents a running foot ran in a new coaxial cable guaranteed to bring in stations from outer space. Thoughtfully, he piled enough extra footage behind the set to reach the barn, should we ever choose to watch television out there.

When this did nothing to increase the volume, I took the bull by the tail and looked the issue square in the face, or however that goes.

"Why don't you try a hearing aid?" I suggested.

"What?"

"A hearing aid! Why don't you get one?"

"Why don't you?"

"I'm sorry, I didn't hear you."

"WHY DON'T YOU?"

That's the way I thought it would be. Me first. Always me. I had no need for bifocals, but I was the one who had to lead the way. I was the one who saw three steps off the patio when there were only two. I was the one on my hands and knees when she came out and asked what on earth I was doing.

"Looking for buckeyes," I explained.

"You're under the elm tree," she pointed out. (She was hearing all right at that time.) "The buckeye tree is over there."

"I've read that they now have hearing aids for dogs," she went back to jabbering. "We ought to get Brutus one."

She was right about that. Although we still had a "Beware of dog" sign posted, for Brutus to detect an intruder now, the intruder would have to intrude on his tail.

I should have said, "Why don't you get Brutus a hearing aid and you could share it?" but I didn't think of it until the next day. Instead, I said maybe I would try an implant, like Ronald Reagan's. I could have saved time by repeating it then, but instead I waited for the inevitable.

"What?"

"An implant!"

"Can't what?"

"What?"

"You can't what?"

These situations get even more serious when she asks me something like would I care for tea with my dinner. I tell her yes, tea would be okay. But I don't get tea. And why don't I get tea? Because I asked you, she says, and you didn't say. So I have to haul myself up from the table and make my own tea.

Another inconvenience associated with her hearing problem has to do with the phone ringing.

"Telephone," she'll call out. (She has even poked her head in the shower to tell me that the phone is ringing.)

"What?"

"The telephone! . . . Can't you hear it?"

"Of course I can hear it."

"Well . . . aren't you going to answer it?"

"It could be for you."

"ANSWER THE DARN PHONE!"

"Yes ma'am."

The only reason I let her get away with this at times is to build her confidence. If I should ever fall victim to her hearing handicap, I'm sure I would appreciate the same consideration.

As for the TV volume being below her hearing ear waves, I solved this problem thanks to a commercial hawking a gizmo called the "Sonic Ear." Designed like a pocket radio, the earphones to be clamped over the head are connected by wire to this amplifier. With the earphones in place, according to the lingo, you can "hear a pin drop from 50 feet away." What actually sold me, however, was the line "It works so incredibly well you literally won't believe your ears."

Although I had no use for the thing, to make Dear Wife feel at ease, I ordered two. And what do you know, folks, they actually work. So you'll find us at night watching TV with these contraptions clamped over our heads (that's one head apiece) and looking like a couple of astronauts awaiting the countdown for the sofa to take off for the moon.

Whether the Sonic Ear deserves all the credit, I can't say. My wife's hearing has definitely improved. Just last night as I went to the kitchen to answer the phone, I muttered under my breath, "That's all I'm good for around here." Upon which she immediately responded, "You can say that again, buster!"

On second thought, it might have been the low tones, which are easiest to hear. I probably shouldn't have growled.

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"COME TO THE DANCE"

Trip the light fantastic in an elegant ballroom bedecked with posters from the American Illustrators Hall of Fame. Come swing and sway with members of the President's Council on Physical Fitness and Sports.

November 25, 1944

Whether you trip the light fantastic or trip over your partner's feet, dancing is good exercise. The President's Council on Physical Fitness and Sports is particularly concerned about getting senior citizens into aerobic dancing, be it jitterbugging or a fast-paced Viennese waltz. Proof of our concern is an open invitation to come to Indianapolis in April and join a gala sentimental journey to the nostalgic era of big band sounds—including such World War II favorites as "Muskrat Ramble," "String of Pearls," "Tuxedo Junction," and "Missed the Saturday Dance."

You and your partner will reminisce at the sight of large posters of dancers on *The Saturday Evening Post* covers from days gone by. You'll feel good in knowing that your $100 contribution for the dinner and dance will be used in helping underprivileged kids. And you will leave the ballroom with recipes for the delicious gourmet dishes of health food you'll be served. You really haven't tasted carrot juice until you taste it fresh from the juicer on the bar in our ballroom.

For your invitation, turn now to page 62—and happily anticipate a wonderful night of dining and dancing exercise that you'll remember with pleasure for many years.

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3-3-8—A NEW SERIAL BY J. P. MARQUAND

April 10, 1937

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THE SATURDAY EVENING POST

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DEC. 7, '35

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Volume 208, Number 47

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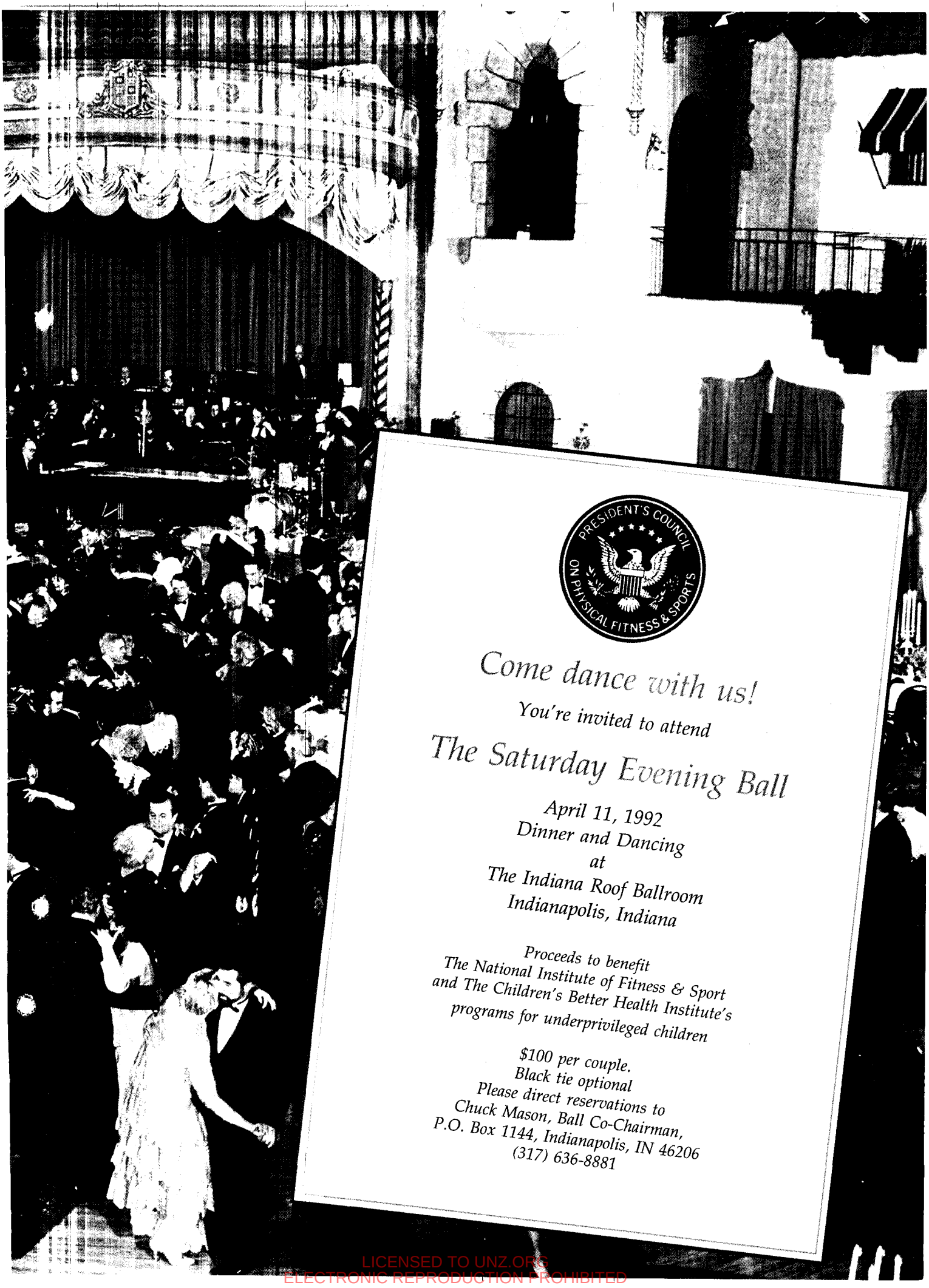

PRESIDENT'S COUNCIL ON PHYSICAL FITNESS & SPORTS

Come dance with us!

You're invited to attend

The Saturday Evening Ball

April 11, 1992
Dinner and Dancing
at
The Indiana Roof Ballroom
Indianapolis, Indiana

Proceeds to benefit
The National Institute of Fitness & Sport
and The Children's Better Health Institute's
programs for underprivileged children

$100 per couple.
Black tie optional
Please direct reservations to
Chuck Mason, Ball Co-Chairman,
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OPEN FORUM

SEXUAL PROBLEMS BY PRESCRIPTION

By being aware of the side effects of medication and switching to alternatives, patients no longer have to trade their sex life for good health.

by Theresa L. Crenshaw, M.D.

If your libido has been less than lively lately, your sex life lacking enthusiasm, don't be too quick to blame age or disease. The problem may lie in medications, from diuretics to antihistamines, prescribed by your family doctor.

Prescription drugs are the culprit in one out of every four cases of impotence in males, and can account for inhibited ejaculation, difficulty getting or maintaining an erection, enlarged breasts, atrophied testicles, and infertility. Prescription-drug problems in females include low sex drive, delayed or inhibited orgasm, decreased lubrication, painful orgasm, and painful intercourse. The unexpected drug complication can jeopardize relationships, lead to divorce, and sometimes even threaten the patient's health.

Among the wide range of medications that may affect sexual functions are diuretics (water pills), antihypertensives (blood-pressure medicine), antiarrhythmics (for irregular heartbeat), antihistamines (for allergies), antiandrogens (for certain cancers), anticholinergics, ulcer medications, cancer drugs, central nervous system depressants, sedatives, hypnotics, antidepressants, monoamine oxidase inhibitors, antipsychotics, and alcohol.

For decades, "sex-offender" drugs have been prescribed for a wide range of medical problems without the patient or the doctor realizing that they were causing other problems at the same time. Even today, with all the advances in the medical field, most such drugs are still widely prescribed.

The reasons are twofold. Specific information about the sexual side effects of drugs is difficult to find. Like pieces of a puzzle, the data is scattered throughout numerous publications, anecdotal reports, small research papers, and the clinical observations of individual cases. Physicians have no single resource for information, and no medical text is available on the subject. Then again, physicians receive little or no training in human sexuality in medical school. Some are uncomfortable dealing with the subject unless a patient brings it up. Others prefer not to mention the potential problems of certain medications for fear of precipitating a self-fulfilling prophecy.

Consequently, when it comes to medication, it is up to you, the consumer, to learn which prescription drugs cause sexual problems and what alternatives are available. It is you who should be aware of the side effects of medications you are taking in order to ensure that your physician, while caring for your health, is not inadvertently destroying your sex life. It is you who should take the initiative in discussing the matter.

Concluding that sexual problems are the result of age or disease and not related to medication is a common mistake. Not realizing that alternative drugs are available and becoming resigned to a hopeless situation is also all too common. However, when facing a sexual problem, one of the first and simplest things to consider is the sexual side effects of prescription medication.

Almost all drugs used for the treatment of depression have been reported at one time or another to have negative sexual side effects by causing central nervous system sedation, which can affect desire, erection, orgasm, and ejaculation. Therefore, any medication that affects your mind or your mood should be considered suspect until proven otherwise. Antidepressants, antianxiety drugs, antipsychotics, MAO inhibitors, sedatives, tranquilizers, and hypnotics have all been implicated as sex-offender drugs.

Blood-pressure problems can also complicate sex by reducing blood

continued on page 69

Strategies for Avoiding "Sex-Offender" Drugs

- ▶ Take maximum advantage of non-drug methods of controlling your disease (weight loss, exercise, stopping smoking, modified diet, etc.).
- ▶ Maximize your psychosexual health. Address job-related stress, relationship problems, depression, mood disorders, etc.
- ▶ Avoid "sex-offender" drugs whenever possible by using one of the available substitutes.
- ▶ Talk to your pharmacist (by telephone—not in person, to avoid having others listen in on your sex life).
- ▶ Talk to your doctor. Remember that a few moments of embarrassment with your physician is preferable to a lifetime of misery with your mate.
- ▶ Ask to see the *Physicians' Desk Reference* or the package insert that comes with the drug. Your pharmacist and/or your doctor can translate for you.
- ▶ Get a second or third opinion if necessary. Don't give up too easily.
- ▶ Don't stop taking a medication without supervision of a physician.

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HOUSEPLANTS THAT MAKE SCENTS

For seasoning and fragrance, nothing beats the leaves of the rose geranium.

by Glendora Andre

Dutch sailors carried scented geraniums to Europe in the 17th century. Unlike many of the newly discovered exotic plants so eagerly received in Europe, scented geraniums required no great amount of special care and were grown everywhere. At the height of their popularity in Victorian times, there were as many as 250 varieties.

Rose geraniums are grown for their velvety, deeply lobed leaves, not their small lavender flowers. Early in the 19th century, French perfumers recognized their value as a substitute for expensive rose petals. Approximately three pounds of rose geranium leaves could be distilled to produce an ounce of oil for perfumes and soaps, compared to 200 pounds of rose petals for that one ounce of oil. To satisfy perfumers' demands, rose geraniums were grown commercially in southern France and Kenya.

Scented geraniums offer gardeners the sweet smell of roses year-round. Perfumed leaves are used in flavoring and potpourri.

They still earn a spot in the garden for seasoning and fragrance. Better-known varieties include Red-flowered Rose, Mrs. Taylor, Graylady Plymouth, curly-leaved Mrs. Kingsley, and streaked-leaf Snowflake. With its intense rose scent, *Pelargonium graveolens* is the most popular. Plants usually grow to about 2 feet, often reach twice that in warmer climates, and grow to 10 feet in their native South Africa.

Growing

To grow your own scented geraniums, treat them as you would their flowering relatives, the zonal geraniums. They're almost always grown in pots. Provide good drainage by starting with a good base of clay shards in the bottom of the pot, or try Styrofoam packing pellets for lighter weight.

Use a porous soil. The Herb Society of America suggests two formulas. One is three parts loam, one part coarse sand, and one part leaf mold. The other consists of one-half leaf mold and one-half peat moss. A good all-purpose herb and vegetable mix, very light in weight for containers, is equal parts of vermiculite, top soil, and peat moss well mixed.

Scented geraniums prefer full sun for bushier growth but will tolerate some shade. Pinching back the tops helps to promote fuller growth in a plant that tends to be rangy.

Since potted plants need to be watered more often than garden-grown plants and nutrients are quickly washed out of the soil, they should be fed with a dilute solution of fertilizer twice a month during the growing season. Too much fertilizer yields more leaves and a bushier plant but less fragrance and flavor. Pale foliage during the summer indicates a need for feeding.

Even though geraniums need frequent watering, pots should stay on the dry side. Keep the plant slightly potbound so that growth goes into the leaves instead of into the root system.

As flowers appear, they should be removed from the plants. Like most herbs, the blooms are insignificant, but more important, a blooming plant is putting its strength into seed production—while an herb gardener wants more of its fragrant leaves.

Because scented geraniums are tender perennials, it's necessary to plan ahead in areas where frost and freezing occur. To grow the plants indoors for the winter or to winter them over for next year's garden, try the following methods.

First, it's possible to keep geraniums in the same pots, indoors and

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Read why one of the top horticultural experts in America declared under oath:

"THIS IS THE BEST DARN TOMATO I'VE EVER TASTED!

"And it's absolutely the easiest Tomato to grow—

- **NO STAKING**
- **NO CAGING**
- **NO PRUNING**
- **NO TRIMMING**

just harvest meal after meal of huge luscious, mouth watering Tomatoes all season long!"

Amazing hybrid literally pours forth succulent, juicy Tomatoes 12"... 13"... even 14" or more around. John W. Bennett of Appleton, GA, grew this Miracle-Bush™ Tomato 21" around! Send us a snapshot of your biggest Miracle-Bush™ Tomato and if it's the biggest one of all
WE'LL PAY YOU A $1,000.00 AWARD!
17
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Tomato Variety: Super Bush

I'd like to share the news with Tomato Lovers everywhere about a remarkable hybrid that *revolutionizes* home gardening . . . a breakthrough from agricultural test gardens that *someday* will be in everyone's home garden. Act promptly to be one of the FIRST home gardeners to grow it this year! This amazing Tomato is unlike any you've sunk a sweet-tooth into before!

Incredibly Delicious Taste!

When it comes to taste, it's the all-time champ! Quite frankly, *it's the best darn Tomato I've ever tasted!* Its ruby-red flesh literally *bursts* forth with sugar-sweet flavor and *intense* Tomato taste. The mouthwatering flavor of this astonishing Tomato is a *revelation*—until you've tried it, you simply can't imagine how delicious a Tomato can be! Each succulent fruit is a whopping 12"... 13"... even 14" or more around. And you'll harvest a dramatic outpouring of up to 50 POUNDS or more of great-tasting Tomatoes from every single plant.

Incredibly Easy to Grow!

This amazing hybrid is *absolutely the easiest Tomato to grow that I've ever seen!* Horticultural scientists actually *BRED OUT all the bother* when they *BRED IN* all that good taste. With this Miracle-Bush™ Tomato there's no staking, no caging, no trimming, no pruning, no special care. Just start it indoors on any sunny windowsill, then set it out in your garden and watch it grow! You'll harvest meal after meal of fabulous "half-pounder" beauties from each individual plant, all season long. These Tomatoes never get leggy, never sprawl through your garden. Instead, each plant grows to a well-shaped bush about 35" tall . . . so symmetrical, so pretty you'll consider using the Miracle-Bush™ Tomato as an ornamental in your front lawn. There's no better tomato for window boxes or containers on a sunny porch or patio!

Meal after Meal of Delicious Tomatoes Week after Wonderful Week!

Just imagine the taste-thrills you'll enjoy as you prepare super-salads and sauces . . . picture the mouth-watering snacks you'll glory to . . . sink your teeth into the delicious flesh of these astounding Tomatoes right off the bush!

You'll be the hero of your family, the hit of the neighborhood with these heaven-sent beauties! And you'll have *more than enough to share with the neighbors* . . . because I'm not talking skimpy, I'm talking *Tomatoes* . . . scores of Tomatoes from every plant! Not teensy-weensy tiny Tomatoes other bush hybrids produce, but magnificent big "movie star" half-pounders so rich in flavor every time you taste one, your taste buds will throw a party for your mouth.

The Best Tomatoes in the World Just One Penny Each!

These days, when I walk into a grocery store, I get *sick* at the prices I see. Sometimes two dollars a pound and more for plastic-looking, plastic-tasting things that should be ashamed to be called Tomatoes. Then I think of delicious Miracle-Bush™ Tomatoes you can grow for about a penny apiece and I *pity* people who never even *dream* how scrumptious a Tomato can be! If you like Tomatoes, you'll *love* my Miracle-Bush™ beauties! I'm so certain of that fact that *I'll pay for the Tomatoes myself if I'm wrong.*

The Most Mouth-Watering Tomatoes Ever—Or your Money Back

Send for my Miracle-Bush™ Tomatoes now . . . plant them in your garden . . . and enjoy their luscious goodness as snacks, in salads and sauces all season long. If you're not thrilled with my Miracle-Bush™ Tomatoes just let me know next fall, and I'll refund every penny you paid! Your satisfaction is 100% guaranteed, or your money back.

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For more than 25 years, W.M. has been recognized as one of America's leading experts on gardening and horticulture. He has contributed to several books, and has written countless articles on home gardening for magazines and newspapers. Before his demise, he lectured all across the country and was on the faculty of one of our nation's leading Universities. To protect his family's privacy, we have agreed not to use his name, but every claim in this advertisement is his . . . and every word is true. This statement is *notarized* to prove it!

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Please rush me the Miracle-Bush Tomato(es) checked below. I understand each one comes in its own pre-treated, pre-seeded professional nurseryman's starter pot, guaranteeing me the best-tasting Tomatoes I've ever eaten, or my money back (except postage and handling).

- ☐ One Miracle-Bush™ Tomatoes, just $2.50 plus 95¢ postage and handling.
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- ☐ Six Miracle-Bush™ Tomatoes, just $8.00 plus plus $2.50 postage and handling.
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Total amount enclosed: $_____ (NY residents please add sales tax)

Print Name_____

Address_____

City_____

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Miracle-Bush™ is our trade name for Super Bush tomato variety. © 1992 MBT Nursery Sales, Inc.

Yields are estimates for most areas of the country, based on results actually achieved, but may be lesser or greater than figures stated depending upon climate, soil conditions, amount of sun, and other factors. Miracle-Bush™ is our trade name for Super Bush tomato variety. Your tomato(es) will be shipped in pre-treated, pre-seeded nurseryman's starter pot(s) approximately 3-5 weeks after receipt of order.

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out, winter and summer. To bring them indoors in the fall, don't fertilize after the middle of August. Prune back the plants and reduce the light level gradually by placing the pot in an entryway or porch before bringing it indoors. After several years, plants handled this way will probably show less vigorous growth. When spring arrives, reverse the procedure, especially in areas where plants will be exposed to bright sun—just like people, geraniums will burn if they go too quickly into full sun. Set them in a sheltered porch or entry for several days, then in a shaded spot outdoors before they go into the sun.

A second way to winter scented geraniums is to bring in pot and all and let it dry out, just as you would with flowering geraniums. Water lightly about once a month. Increase water to normal amounts only after new growth shows in early spring. This method may provide less vigorous growth for the summer.

Third, and probably best, is to start new plants from cuttings, which are usually easy to root. As autumn approaches (or whenever you want to propagate geraniums), snip off a 3- to 4-inch piece of stem. Cut the leaves from the lower part of the stem (use the leaves or save them to dry), keeping only the top cluster of smaller leaves. Insert the cuttings almost up to the remaining leaves in damp vermiculite or sand and firm in. The growing medium must stay moist, but take care not to overwater, which discourages root growth. Warmth, especially bottom heat, stimulates growth.

Rooting has started when a gentle tug after two or three weeks meets resistance. In about four to five weeks, when the new roots are about an inch long, they can be gently transplanted into potting soil.

Just as with mature plants that stay in the same pot, when frost approaches, gradually acclimatize the new plants to the more difficult conditions they'll encounter indoors. Even then, it's likely that bottom leaves will die back considerably—but be sure to save these, too, for sachets. It doesn't necessarily mean the plant is dying, but just beginning a rest during the shorter winter days. Even less water is needed until growth starts again when days begin lengthening.

Find a sunny but cool spot indoors for your scented geraniums. Ideal daytime temperatures are about 68 to 70 degrees, but plants can thrive in cooler temperatures. A drop of five to ten degrees at night is preferable. In a dry house, thorough spraying or dipping in water once a month contributes not only to fresher, more attractive plants, but helps prevent insect infestations that are more likely in stressful winter growing conditions.

Using Scents

When warmer weather returns, put scented geraniums in window boxes, at the doorstep, around the deck railing, or edging a path where they invite being brushed to loose their sweet rosy scent. Surround a garden bench so the hot sun can release the heady fragrance. Pick a short stem for a corsage in the buttonhole of a gardening shirt. Float a bunch in bathwater—soak and relax with the aroma.

Test geraniums by rubbing a leaf between thumb and finger and sniffing.

ROSE GERANIUMS FOR FLAVOR AND FRAGRANCE

Foods

Waldorf Salad with Dressing

1 cup diced apple
⅔ cup cubed pineapple
⅔ cup halved seedless green grapes
1-2 rose geranium leaves, chopped
Salt substitute, if desired

Combine all ingredients. For a dressing, moisten with low-fat mayonnaise.

❧ ❧ ❧

Seasoned Teas

Start with a good quality orange pekoe, gunpowder, or green tea. Add an equal volume of fresh geranium leaves. Combine well and close container. Air the tea daily by pouring between two containers several times. Re-cover, and repeat until completely dry. If necessary, adjust the strength by repeating the process with more rose geranium leaves or dilute with more tea leaves.

Fragrances

After Bath Splash

½ cup rose geranium leaves
8-10 lemon verbena leaves
½ cup vodka
2 strips of orange peel
1 cup water—spring or distilled

Crush leaves, add vodka, cover tightly, and soak for 1-2 weeks in a cool, dark place. Add orange peel on last day only. Strain. Add water and shake thoroughly.

❧ ❧ ❧

Vinegar Refresher for Bath

1 cup cider vinegar
2 tablespoons basil
2 tablespoons spearmint (or other mint)
2 tablespoons rose geranium

Heat vinegar until nearly boiling in a glass, ceramic, or enamel—not metal—pan. Cover, steep about 24 hours, strain, and pour into bath.

❧ ❧ ❧

Sachets

Make sachet bags for drawers, closets, or bed pillows. All quantities refer to parts (proportions) of dried leaves.

3 parts rose geranium, 2 lavender, 1 thyme or lemon thyme
Equal parts rose geranium and rosemary
Equal parts rose geranium leaves, lavender, lemon verbena, rosemary, monarda (also known as Oswego tea, or bee balm)

❧ ❧ ❧

Body Powder

¼ cup cornstarch
½ cup rice flour
6 rose geranium leaves

Combine in layers, cover tightly, stir daily until dry.

❧ ❧ ❧

Bath Scent

2 tablespoons rolled oats or oat flour
3 tablespoons rose geranium leaves
1 sprig or teaspoon chamomile, mint, lemon balm, or lemon verbena, if desired

Mix ingredients, put in a cloth bag, and hang under faucet as water fills tub. Dry and reuse until the oatmeal no longer gives a milky fluid.

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There's no scent until the leaves are rubbed or moved. Leaves retain their full fragrance very well when they're dried and used for potpourri or sachets.

For retaining the most fragrance, harvest scented leaves on a day when there's been no recent rain, when the morning dew is off the leaves, but before the sun's heat evaporates the oils. If at all possible, use them without washing to retain every bit of aroma. Unless the climate is extremely humid, air-dry the leaves. Not only is it a simple process, but there is less chance of overheating and losing the fragrance. Place the leaves one layer deep on a screen, open-weave basket, or tray. Place the trays out of direct sunlight, preferably in the dark. Good air circulation is a necessity. Leaves can also be dried in an oven or in a dehydrator that can maintain a 75- to 95-degree range. Microwave drying is risky for retaining scents.

Scatter pretty bags of sachet around the house. Put others with linens and scarves, and tuck them into sofa cushions. Place them wherever they're likely to be moved or disturbed to release their enticing scent.

The flowery flavor of rose geranium enhances sweetness and is a particularly pleasant addition to fruits. It blends well with apples in salad, cake, pie, or crisp.

Combine the flavor with pineapple, pears, oranges, melons, or grapes. Lemon, or its herbal equivalents lemon balm and lemon verbena, balances the flowery sweetness, as does mint.

Layer rose geranium leaves with sugar and let the mixture steep for several weeks. Use it to replace plain sugar for cakes, puddings, or teas. Even better are flavored jelly and honey. Either is superb with morning toast and tea. Gently warm honey with a rose geranium leaf or two in it. Making rose geranium jelly is a simple matter of putting a leaf in each jar before filling it with apple jelly.

Rose geranium adds refreshing flavor to several types of beverages. Put a bruised leaf in the bottom of a cup before filling it with brewed tea. Blend herbal tea with about a tablespoon of crushed or bruised leaves (just roll them between the palms). A pottery, china, or glass pot—not metal—preserves the delicate flavor. Over this pour one cup of boiling water. Fresh leaves produce the best taste, but if they're not available, substitute only one teaspoonful of dried leaf. Cover the pot and steep to taste, at least ten minutes.

Flavored herb vinegars, popular in the Victorian era, make refreshing summer punches and are made by putting crushed leaves in a glass jar and adding twice the amount of cider or white-wine vinegar. Cover the jar with wax paper or plastic wrap, then cover tightly with the lid. Let the vinegar steep in the sun for two weeks, strain into a clean jar, and re-cover.

If an expanded fragrance garden appeals to you, try other scented geraniums—there are about 75 distinct plants. Though their scents are open to personal interpretation, they include ginger, nutmeg, apple, lemon, peach, orange, strawberry, coconut, almond, filbert, and old spice. An assortment could provide a bouquet that's a living potpourri.

Finally, continue tradition. Just as the first cuttings must have been joyfully carried from house to house and shared with neighbors, take cuttings from your own plants, make sachets, try recipes to share with a friend. The rose geranium is as good as ever. ❦

Sexual Problems

continued from page 64

flow to the genitals. Successful treatment of high blood pressure can reduce blood flow to the genitals even more. And, adding insult to injury, certain blood pressure medication directly interferes with sex drive, erection, lubrication and/or orgasm through their chemical action.

Drugs labeled as "sex offenders" do not cause sexual problems for all patients taking them, and "sexually innocent" drugs are not always free of all sexual consequences. It is a matter of probability versus improbability. In some cases, the problem is dose-related, meaning that reducing the dose of the drug can minimize or eliminate the sexual problem and that higher doses of the drug will make the problem worse. In other cases, the sexual problems precipitated by drugs are unrelated to the dosage level. Because of the existence of alternative medications, patients no longer have to trade their sex life for good health. With a little patience and persistence you can usually have both. ❦

FOR MEN UNIQUE

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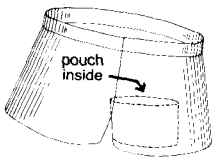
FOR PROTECTION AFTER SEX FROM SEMINAL AFTERFLOW



- Prevents clothing-stain from seminal-afterflow when garments with pouch are worn normally after sex (can insert toilet-tissue in pouch)
- Sew fully-assembled pouch inside his boxers & pajamas with one straight seam — easy by hand or machine from clear instructions
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Buy one to try first (or send postcard for more information) — but only for men who wear boxers normally (waist-high) and are not extremely stout, and are not incontinent. Sorry no refunds for personal products. Allow 6-8 weeks delivery.

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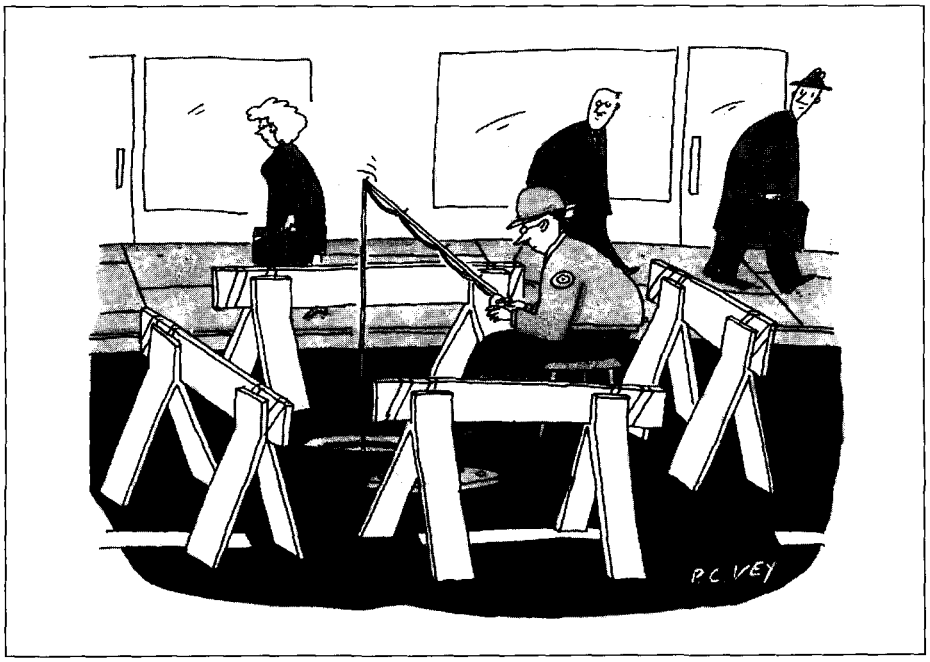

☆ ☆ ☆ ☆ ☆ ☆

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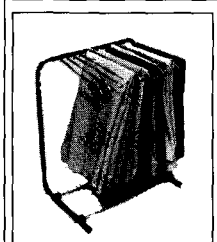

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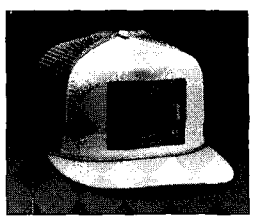

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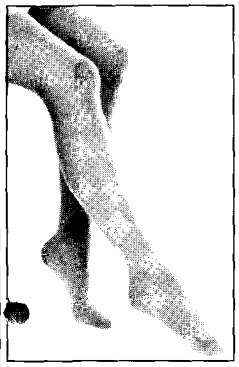

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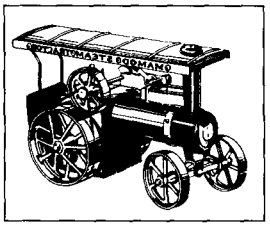

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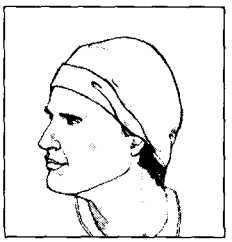

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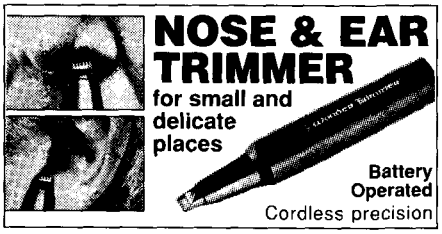

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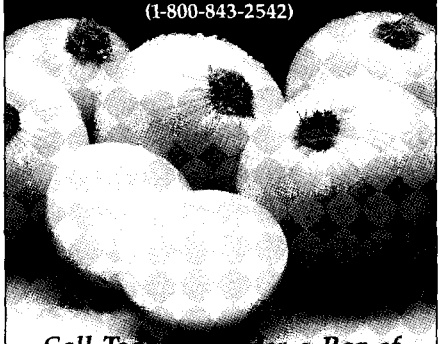

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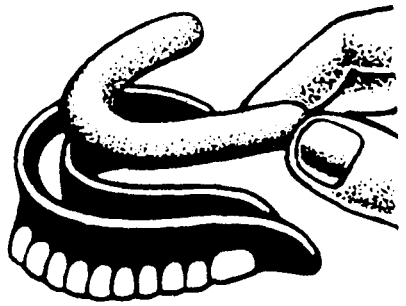

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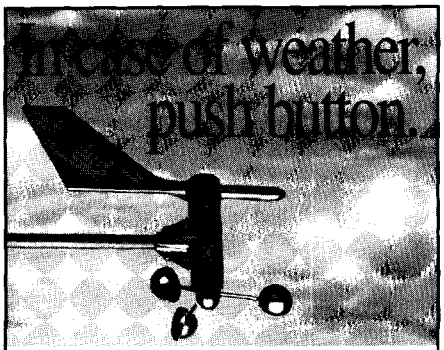

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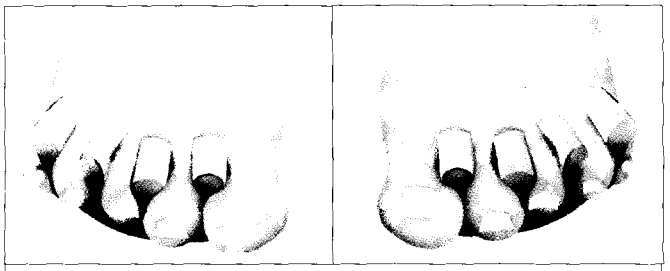

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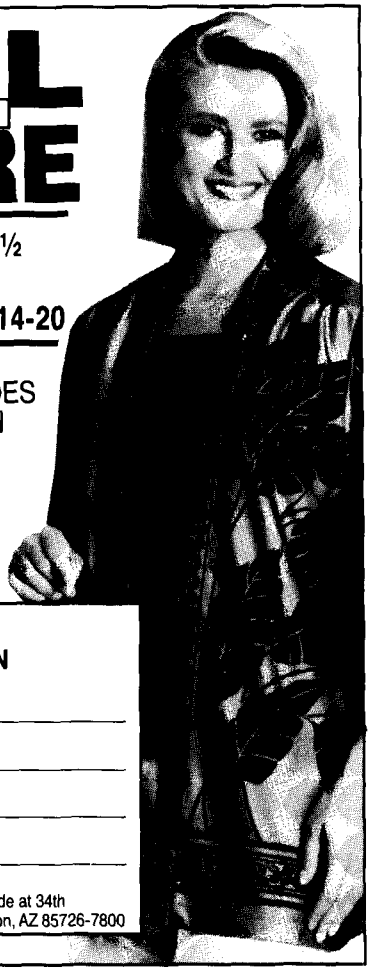

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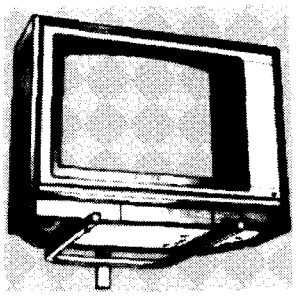

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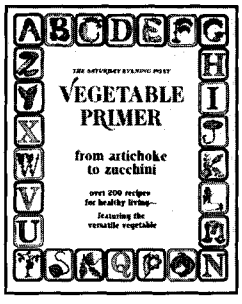

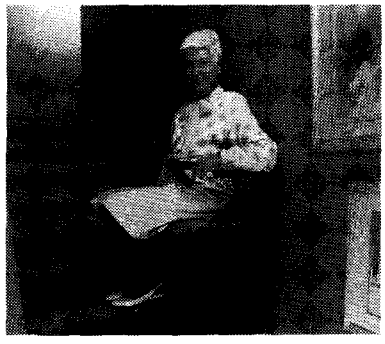

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Columbus

continued from page 51

The caravels, however, will sail south, then make their way through the Panama Canal to the West Coast, calling at ports en route. They will arrive in San Francisco Bay for the gala Columbus Day weekend, October 10-11.

Although almost all Quincentennial fetes look back 500 years, in Washington, D.C., the Smithsonian's National Air and Space Museum's "Where Next, Columbus?" exposition will look ahead, predicting space exploration in the next half-millenium. In one exhibit, an automated rover will lurch across a simulated Martian terrain of craters, while robots work at repetitious tasks and humans repair equipment.

While almost everyone in America will "discover Columbus" in one way or another this year, can anybody top Rick Vanderpool, who has discovered Columbus 63 times?

As a Quincentennial ambassador-at-large, Vanderpool, 42, a writer-photographer from Athens, Georgia, has traveled 30,000 miles to 63 U.S. cities and towns, or former sites, that are named after the explorer. He discovered one flooded by a dam. "I'm trying to arrange a fishing trip there," he jokes. Today, 37 places called Columbus or Columbia, the feminine form, remain in 24 states. Vanderpool's photo exposition, "Common Thread," will tour the nation in 1992-93.

Should Christopher Columbus be made an honorary citizen of the United States? By all means, says Elaine Peden of Philadelphia, who vows to make him one. She has amassed 30,000 signatures on petitions, and U.S. Senator Alfonse M. D'Amato is now driving a bill to that effect through Congress. Peden hopes D'Amato will succeed in time for Quincentennial jubilation.

However, should D'Amato's bill not pass for some reason, there's no problem. Maryland Governor William Schaefer has already issued Columbus a certificate of honorary citizenship of that state. And whoever heard of a citizen of one of our states not being a U.S. citizen?

Where do you think you are?

(answers from page 92)

[Theme: '60s TV sitcom characters]

1. Lawson, AR
2. Jetson, KY
3. Sprague, AL
4. Binghamton, NY
5. Howell, UT
6. Muldoon, TX
7. Flintstone, MD
8. Fife, WA
9. Taylor, WI

Healthy Lunch

continued from page 49

In general, in preparing a sack lunch, if you follow basic nutritional guidelines, you'll find that your child will have all the fuel he needs for proper growth and efficient school performance.

The School Program Solution

An even better solution for the school nutrition and fitness problem is to encourage your school to institute a program that will promote basic health principles. This way, other children will be helped along with your own. A few pilot programs in this area have been given high marks by various researchers, including the Heart Smart program, which is based on the extensive Bogalusa Heart Study in Louisiana.

Focusing on elementary schools, Heart Smart was designed to institute school programs that reduce cardiovascular risk factors in children. Specifically, the program includes a longitudinal classroom curriculum, an aerobic fitness program (as part of regular education classes), a health-oriented school lunch program, and a teacher-staff development program.

Some of the objectives of the program, according to a 1988 report in the *Health Education Quarterly*, include the following:

- Limiting student dietary fat intake to levels below 30 percent of the total calorie consumption
- Keeping saturated fats below 10 percent of total calories
- Restricting sodium consumption to 5 grams or less during a 24-hour period
- Increasing students' knowledge of cardiovascular health and risk factors
- Helping students to resist peer pressure to smoke or use drugs
- Developing skills and habits consistent with lifetime physical fitness

Those interested in further information can write to Dr. Gerald S. Berenson, Director; National Research and Demonstration Center—Arteriosclerosis; Lousiana State University Medical Center; 1542 Tulane Avenue; New Orleans, LA 70112-2865.

Another program, designed for children from kindergarten through the seventh grade, is Growing Health, which was developed by the National Center for Health Education; 30 East 29th Street; New York, NY 10016.

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This program, which was funded through a grant from the federal Centers for Disease Control in Atlanta, provides practical multimedia health training for children, along with special instruction for teachers. Some of the topics covered include smoking, the workings of the cardiovascular system, and emotional difficulties.

Despite the availability of these and other programs, however, many schools may not respond positively. Officials may say, "We already have adequate programs" or "We don't have money for this sort of thing." What can parents do if they run up against this sort of scholastic brick wall?

The Social Action Solution

If your school won't respond to your personal efforts to get them to improve their nutrition and fitness programs, the next step is to combine with other parents and start putting pressure on them to change. This is part of the social action tradition in our democratic system; if government agencies and officials won't listen to an individual plea, then hit them with a group. Here's an action plan that has been suggested by experts at our Institute for Aerobics Research and that has worked in a number of practical school situations.

STEP 1. Contact as many parents as you can who are concerned about the issue, and call a meeting to formulate your action plan.

STEP 2. Approach the physical education teacher, the director of the lunch program, or the principal of the school as a group. This can be done by drafting a short petition, or letter, signed by all the concerned parents. Then have one or two spokespersons present it to the school officials. The petition might read as follows:

"We, the undersigned, are deeply concerned about the school lunch program at because we have learned that our children either are not eating the food served or are concentrating on high-fat items. We would like to meet with you as soon as possible to work out a plan to improve this situation. Our representative,will be in touch with you shortly." [Signatures]

STEP 3. If you fail to get satisfaction on the school level, go to the administration above the school officials. Use the same techniques, with a letter signed by all concerned parents.

STEP 4. If you still fail to get an acceptable answer, public-school parents should go to the school board. The local school board is usually one of the most responsive agencies to public opinion and pressure, and so if you approach them properly, you should get some action.

At this stage, the more parents you have behind you, the better. Also, an endorsement by the school's parent-teacher group will be a big plus. It may even be possible to contact representatives from other schools and get them on your team.

How should you approach the school board? Sending petitions to each board member is a good idea. Also, it will help to start a letter-writing campaign, with scores of individual letters pouring in from around the school district.

Once this groundwork has been laid, you'll have to present the issue from the floor of the school board meeting. For this role, choose a committed leader of the movement who is a good speaker and highly presentable. If he or she holds some prominent position in the community, that's even better. NOTE: A *reasonable* presentation is always preferable, whether you're writing or speaking to the school or school board officials. Those in public positions hear more than their share of emotional parents, and so you want to set yourself and your movement apart. What you're promoting makes very good sense, and your presentation must reflect that rationality.

Be sure to avoid finger pointing or accusing individuals or officials. Instead, talk in terms of a "serious problem in our system." Also, emphasize that your main concern is the "health and welfare of our children."

Finally, be well prepared to present your case. Use pertinent facts and statistics. Undoubtedly, you'll gather plenty as you prepare for your presentation. The more information you have to back you up, the more reasonable you'll seem in arguing your case.

It's possible, of course, that this effort may fail. But more often, if you're well prepared and have plenty of parents behind you, you can expect results. And positive results will work to the benefit not only of your child and his schoolmates, but also to the benefit of all future classes.

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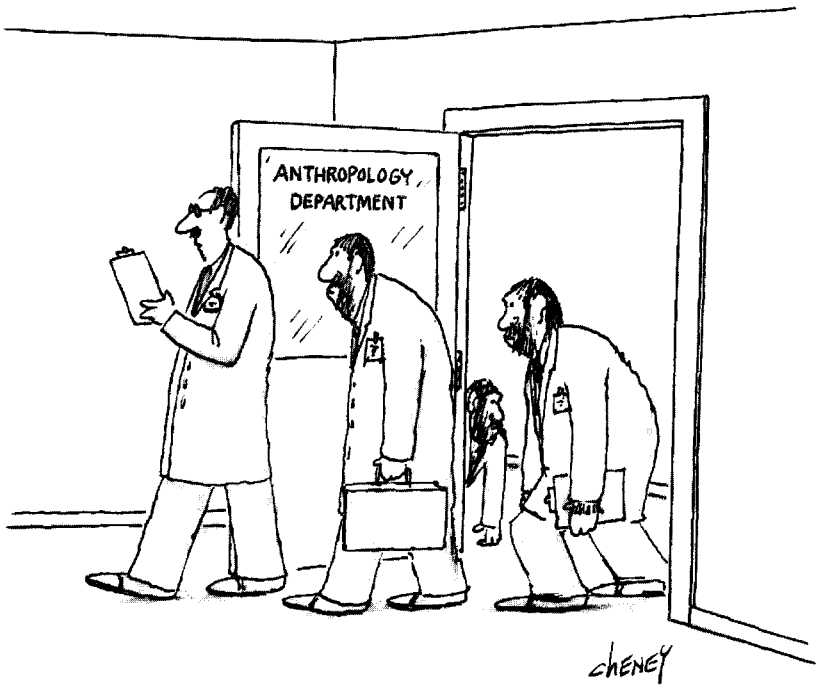

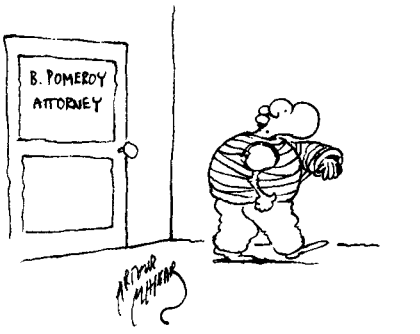

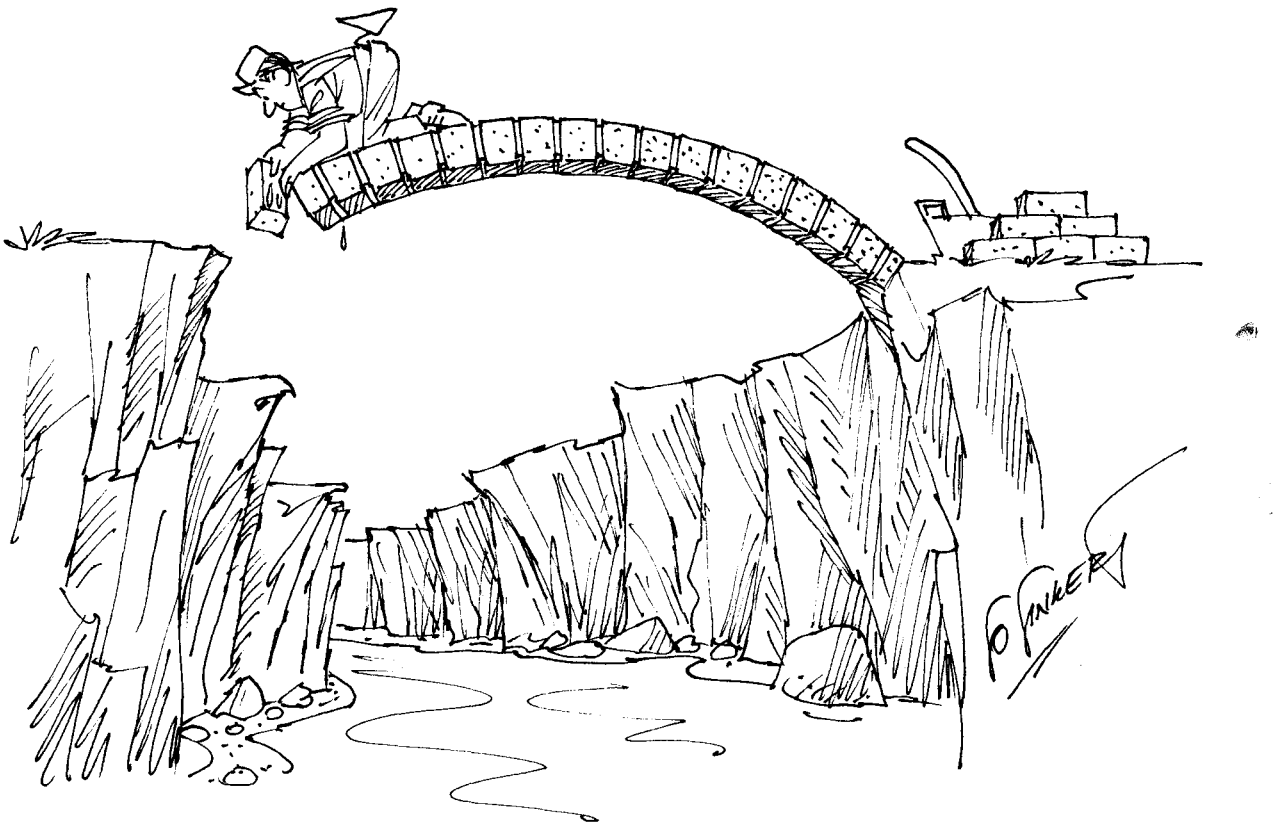

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THE BENEFITS OF STRENGTH TRAINING

A weight-training regimen can increase stamina, develop muscle tone, and provide other advantages for people of all ages and abilities.

by Steven C. Pettinga

When you think of strength training, do you imagine dark, musky gyms filled with people who resemble The Incredible Hulk? If you do, read on. Strength training—also known as weight training or resistance training—is perhaps the most misunderstood and underrated of all athletic activities. Because of the misconceptions, many people do not consider trying it. However, even a minimal weight-training regimen can increase stamina, develop muscle tone and strength, improve athletic performance, and provide other benefits for persons of all ages and abilities. Best of all, strength-training workouts are easy and enjoyable.

But first let's dispel those misconceptions, such as the one about the gym. While those places exist, so do sunny facilities with piped-in music and high-tech equipment. And although some people believe that strength training will take a lot of time, an effective program may actually require no more than 60 to 90 minutes per week. Additionally, some women fear they will "bulk up" and lose their feminine appearance. But strength training is not the same as bodybuilding. Women will notice an increase of muscle tone, definition, and strength, rather than size.

Understanding how our muscles work underscores how important strength training can be. The body's movements rely on the condition of the more than 600 skeletal muscles composing it. Skeletal muscles are those that are attached to the bones by tendons. These muscles are collections of tiny fibers consisting of two types of cells, fast-twitch and slow-twitch, that contract and relax when directed by nerve impulses from the brain. Fast-twitch cells react quickly and powerfully, allowing us to move rapidly for short periods of time and to exert maximal strength output. These cells function primarily by metabolizing stored glycogen. However, as the glycogen is used up, muscle fatigue sets in. Slow-twitch cells metabolize oxygen directly from the blood and are constantly supplied with energy. They can sustain action over long periods of time and are also responsible for static activities like standing or maintaining posture. The major muscle groups contain different ratios of both cells depending on their function. A well-conditioned muscle cell is able to contract to about half of its resting length and can support more than 1,000 times its own weight—but this ability diminishes with age beginning in the late 30s and by age 65 can be reduced by between 20 and 40 percent. A balanced strength-training regimen can help keep your losses to a minimum.

Strength is built and maintained by the repeated contraction of muscle fibers against medium to high weight or resistance (heavy enough to induce fatigue in less than ten repetitions). This exercise increases the size and tone of individual muscle cells. The larger their individual and collective capacity is, the stronger you are. Conversely, inactivity results in the atrophy of the fibers. If left unchecked, the muscles eventually diminish to

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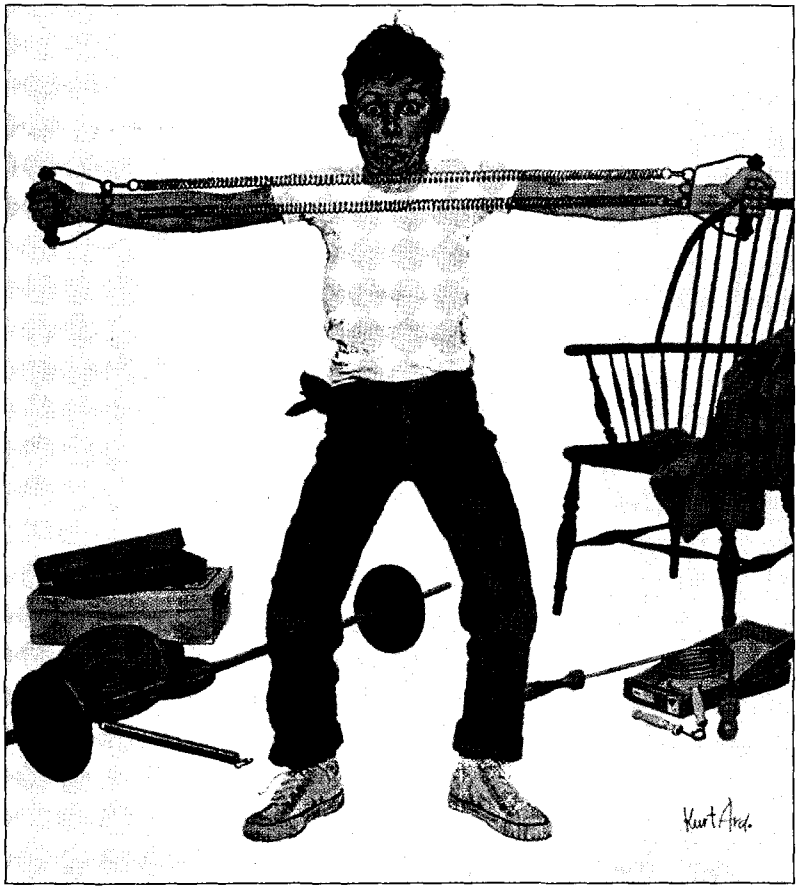
a point where mobility is compromised and the chance of injury increases. Strength training will also improve your bones, and can be a valuable aid in the prevention of osteoporosis. Research has shown that bones grow more dense when challenged with weights or resistance.

Depending on your goals, strength training does not necessarily require a lot of time. The American College of Sports Medicine, based in Indianapolis, recommends a regimen of eight to ten exercises using the major muscle groups a minimum of two times per week, with at least one set of eight to 12 repetitions to near-fatigue each session. This can be accomplished in 30 minutes or less. The results may surprise you: One middle-aged woman, an avid tennis player, aerobic exerciser, and swimmer, tried the resistance machines at her tennis club. Within two weeks with a twice-a-week, half-hour program, she noticed that she was hitting the ball harder and experiencing less pain in an upper-arm muscle that she had injured two years earlier. In fact, athletes in all fields—golf, running, even auto racing—are discovering that strength training can give them an edge over their competitors.



How much weight should you use? A simple method is to determine the maximum weight you can lift once, and then use a percentage of that weight. Begin with 50 percent of the maximum weight liftable and then gradually increase the weight in the following weeks to a peak of 70 to 80 percent, as it feels comfortable. To reduce fatigue and increase efficiency, alternate among several exercises.

Strength training can benefit people of all ages. In a recent study, a group of ten senior citizens between the ages of 86 and 96 achieved significant increases in strength and muscle size, debunking the myth that such improvements are not possible after a certain age. Researchers from Tufts University Research Center on Aging believe that muscle dysfunction, mobility impairment, and the corresponding increased risk of falling could be attributed in many to an overly sedentary lifestyle. Since falling is a major cause of injury and mortality among the elderly, if senior citizens can keep the muscles and connective tissues from atrophying from disuse, they should be able to remain mobile and independent. And after undergoing an eight-week training period, the Tufts study group averaged a 174 percent increase in muscle strength and a 9 percent increase in muscle size.

The seniors also improved their functional mobility and flexibility. In an accompanying walking test, they increased their tandem gait speed by 48 percent. In addition, two seniors no longer required canes to walk; and one of three participants who could not rise from a chair unassisted could do so after strength training. Anyone needing further proof of the value of strength training for our older citizens need only look at the remarkable vitality of former President Ronald Reagan, who began lifting weights as part of his therapy following the assassination attempt on his life.

Strength can be improved through three methods: calisthenics, weight machines and systems, and free weights—or a combination of all three.

▶**CALISTHENICS.** Push-ups, pull-ups, chin-ups, sit-ups, and dips are all excellent exercises for improving and maintaining strength. The trouble is that these exercises can be difficult or impossible to perform if you have neglected your body. If that's the case, be happy with gradual progress. You should also consider starting with resistance machines or light free weights to accelerate your progress with calisthenics. They will allow you to build up your strength so that more difficult tasks can be accomplished.

▶**RESISTANCE MACHINES.** Resistance machines are commonly known by their brand names: Nautilus, Universal, Cybex, and Polaris. They exercise specific muscles or muscle groups. They are the safest for beginning strength training because they operate in a limited range of motion and cannot fall on you. The amount of weight you wish to work with is easily adjustable.

▶**FREE WEIGHTS.** Free weights—barbells and dumbbells—are preferred by weight-lifting enthusiasts. They are trickier to use because they require balance as well as a fair amount of strength, but they will build strength symmetrically by developing major muscle groups and

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peripheral supporting muscles. Proper execution and form are very important to ensure that you're getting the most out of your workout and to reduce your chances of injury. Be sure that you train with a partner or use a spotter when using barbells because of the danger of fatigue.

As with all exercise programs, strength training entails some risks. Persons with heart disease or high blood pressure, or who are over 40, should consult a physician before beginning any strength or exercise program. Know your limits—the adages "No pain, no gain" and "Go for the burn" are not only wrong, but dangerous. If something hurts, stop. Working it further will only aggravate the problem. Ask trained professionals to assist you so that you know you're doing everything correctly. To avoid pulls and sprains, work with weights in a slow, controlled manner, and never jerk them into position. Lift and lower the weight at the same pace. And be sure to warm up your muscles with 10 minutes of light aerobic activity before you start lifting. Stretch only after you have had a chance to warm up or after concluding your workout.

Before investing in home equipment, consider the advantages of joining a local facility. Most well-equipped clubs have a variety of machines and free weights at your disposal. Join one that provides plenty of proper instruction and supervision, which is of utmost importance to the novice trainer. If additional exercise options interest you, you may want to look for a club that also has aerobic classes and equipment, swimming, running, and team activities available.

Remember, variety is the key to exercise happiness, so don't be afraid to try something new. Developing several interests prevents overtraining of joints and muscles, and provides a well-balanced state of fitness. Perhaps the best advantage of going to a health facility rather than training at home is the camaraderie that you will enjoy. After a few weeks, you'll see many familiar faces—friends with whom you can share a common pursuit, which can be very helpful in keeping you motivated. Be sure to shop around, because facilities, instruction, and prices vary widely.

If you want to have the option of working out at home, make sure you know the equipment before you buy. Go to a store where you can actually get on the equipment. And before you invest large amounts in elaborate machines, consider the basics first. A chin-up bar, a small set of dumbbells, and an exercise mat may be all you really need to get a good strength-building workout at home. Rubber-tubing workout systems can also improve strength and can be purchased for around $70. But remember that simply having equipment may not be motivation enough to exercise. It is best to be in the habit of exercising before investing in home equipment.

Now that you know more about strength training, what's the best way to get started? Decide to do it for yourself—to enhance the quality of your life. Make small but attainable goals, and keep it fun. Take your time, and plan on gradual progress. Learn about what you're doing and what you might want to try by checking the library, bookstores, and magazine racks for sport-specific materials, and don't be afraid to ask questions. Soon what may appear simple, repetitive, and possibly boring will become interesting and challenging. You'll feel healthier and more in tune with your body. As the saying goes, "Just do it."

Advertisement

Doctor Tips on Chest Pain and Clogged Arteries

(SPECIAL FEATURE)-If you regularly have chest pain, ringing ears or even leg pain ...your arteries may be clogged...and you may be on your way to a heart attack or stroke. A remarkable health guide by Dr. Edwin Flatto is now available that reveals a medically tested method that can stimulate your arteries to cleanse themselves-the natural way-without drugs or surgery.

It's called "Cleanse Your Arteries & Save Your Life." And it shows you exactly how nature can activate your body's built-in artery cleansing mechanism once you stop eating the wrong foods. It also warns you of the potential danger of certain so-called "cholesterol" diets.

Your own doctor will tell you that partially blocked arteries can produce many of the following symptoms. And he'll also agree that many of these symptoms may be improved once circulation is enhanced and the cleansing process begins. "Cleanse Your Arteries & Save Your Life" is based on documented scientific principles that can help:

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- **Lower the incidence of heart disease**
- **Reduce dizziness & loss of balance**
- **Improve a partial loss of hearing**
- **Help clear up ringing in the ears**
- **Help clear up leg pain, cramps or tiredness in the legs**
- **Stimulate your body to produce a natural substance that seems to protect against heart attack**
- **Make your body dispose of cholesterol**
- **Thin out sludgy, poor circulating blood**
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- **Lower high blood pressure naturally**

By following Dr. Flatto's advice you can feel better than you have in years. You'll learn which delicious foods to eat and which to avoid. And you'll probably have more energy than you know what to do with. Here's just a small sample of the useful and helpful information you'll find in this valuable aid to better health:

- **When women run higher risks for heart attacks**
- **Which vitamins seem to offer protection against heart disease**
- **Which popular health foods may be dangerous**
- **The real truth about chelation therapy**
- **The real truth about Omega-3 fish oils**
- **The real truth about polyunsaturated fats**
- **How to calm your nerves naturally**
- **What simple food helps you lose weight**
- **Relieve gas and constipation naturally**

Right now, as part of a special introductory offer, you can receive a special press run of "Cleanse Your Arteries & Save Your Life" by Edwin Flatto, M.D. for only $8.95 plus $1 postage and handling. It is not available in any bookstore. It is only available through this special offer. Your satisfaction is 100% guaranteed. If you are dissatisfied in any way, simply return it in 90 days for a full refund-no questions asked.

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TRAVEL

THE VALLEY OF THE VAPORS

Hot Springs, Arkansas, has a 450-year tradition of specializing in health and relaxation.

by George Oxford Miller

Hernando De Soto had been dreaming of a hot bath for months when his bedraggled troops stumbled into a smoldering valley in central Arkansas. Steaming vapors filled the narrow valley like an ocean fog. Scalding water poured down the mountain slope, creating a series of tub-like pools. The Spanish conquistador dismounted, hobbled his horse, and didn't leave for three weeks. Ever since that day in 1541, visitors have been reluctant to leave this natural spa.

Thus what is now known as Hot Springs has a 450-year tradition of specializing in health and relaxation. But it was the Indians who first recognized the therapeutic value of the hot mineral waters that cascade down the mountain from more than 40 springs. They called the valley Man-a-ta-ka—the "Place of Peace"—and the vapors the "Breath of Healing." Friends and enemies alike soaked shoulder to shoulder in the pristine thermal pools. The fame of the waters reached Thomas Jefferson, who dispatched a survey party to investigate. In 1832, President Andrew Jackson signed a bill preserving four sections around the springs. This narrow valley, just one street wide and 400 yards long, became the first parkland set aside by the federal government.

A ten-dollar bill gets you the full, traditional Hot Springs treatment: one-and-a-half hours of therapeutic soaking, steaming, and massage.

By the early 1800s, Hot Springs had gained a nationwide reputation as a spa for healing, relaxation, and recreation. The sick and lame flocked to America's Pool of Bethesda to "partake of the waters." The mineral springs reportedly healed a number of incurable illnesses, including syphilis and arthritis. But to reach the springs, bathers had to endure a 20-mile stage ride from the closest railhead. The ride aggravated millionaire Diamond Jo Reynolds' rheumatism, so he built his own rail connection in 1876.

By the Gay '90s, Hot Springs had evolved beyond a backwoods health retreat with ramshackle boardinghouses to a stylish pleasure retreat with ramshackle boardinghouses. The jet set of the steam-engine era considered it a holiday *extraordinaire*. With names like Carnegie, Woolworth, and Gould, the hotel registers of the time read like the *Who's Who* of the rich and famous.

During the Roaring '20s, health-spa resorts around the world reached an apex of popularity. At a time when Las Vegas attracted tumbleweeds—and Florida, mosquitos—Hot Springs reigned as one of the most fashionable resorts in the nation. A row of bathhouses lining Central Avenue rivaled the opulence of Europe's most prestigious spa resorts. Private Pullman cars crowded the railroad depot like boats at a yacht club.

Modern medicine has debunked

The venerable Arlington Hotel, a favorite upscale watering spot, has hosted six presidents; and Al Capone regularly came clean in its bathing facilities.

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ERNIE KOVACS

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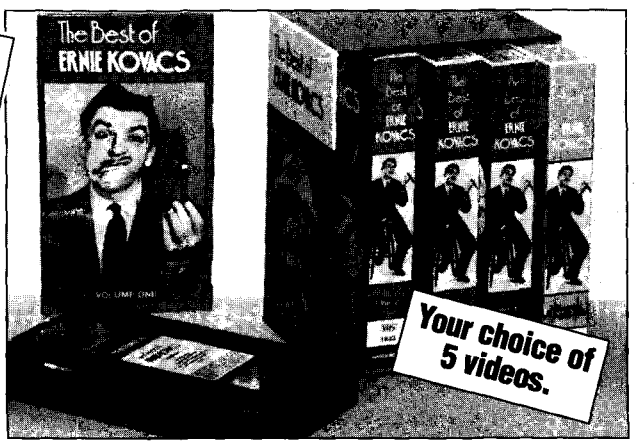

If you've ever seen Ernie Kovacs in action, you know what a treasure this video collection is. And if you're not acquainted with Ernie as yet, prepare for a pleasant (though nutty) surprise. Sight gags, parodies, insane skits...hilarious goofiness unlike anything you've seen before.

From 1950 to 1962, Ernie Kovacs reigned as king of TV comedy. He brought comedy out of the verbal era of radio and vaudeville, making use of many visual effects – Of course TV was the ideal medium for his brand of humor. This nostalgic series is a great walk down memory lane, recalling the Golden Age of Television. But it's also remarkably modern. You can see that Ernie has influenced Benny Hill, Monty Python,David Letterman, "Saturday Night Live" and countless other comedians of today.

FIVE VOLUMES OF ERNIE'S BEST... You'll want them all. Percy, Wolfgang, Eugene, and all of Kovacs' beloved characters appear throughout. And chubby ballerinas...musical gorillas...weird poetry...oscilloscope gags... It's incredible! Each 60-minute video contains two complete shows.

Volume One includes classic skits from his early television shows. The memorable "crazy" 1812 Overture; Mona Lisa madness; hijinks of Wolfgang Sauerbraten and Percy Dovetonsils. A game show spoof...a parody of TV westerns.

Volume Two – the "Music Show" – is truly a collector's item. You'll never forget the gorilla Swan Lake ballet... the Beethoven's Fifth poker game... the goofy operetta where Ernie and Edie Adams imitate Nelson Eddy and Jeanette MacDonald. And still more musical parodies – all noteworthy.

Volume Three is a special treat, featuring material from the final "Eugene " broadcast of November 1961. Eugene watches in awe as the contents of a library and museum come to life. Also includes the famous Tilted Table sketch, The Clutching Hand, and more.

Volume Four stars many of Kovacs' timeless comic characters, Miklos Molnar making "Chicken Molnar"; Percy Dovetonsils with a bizarre poem... plus Aunt Gruesome, Eugene, Motzah Hepplewhite, and the Nairobi Trio. Also, the best of the oscilloscope sight gags.

Volume Five contains material broadcast in January 1962, just after Kovacs' untimely death. Many of his most brilliant routines – with painter Mother Rustic; Mr. Question Man; Motzah; the Nairobi Trio; Wolfgang Sauerbraten advertising "Schnitzel Dent"; and much, much more.

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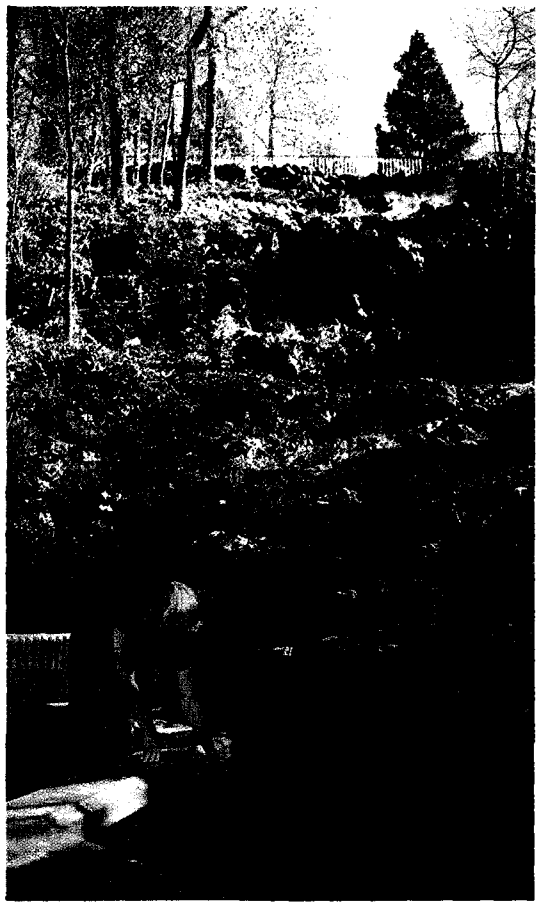
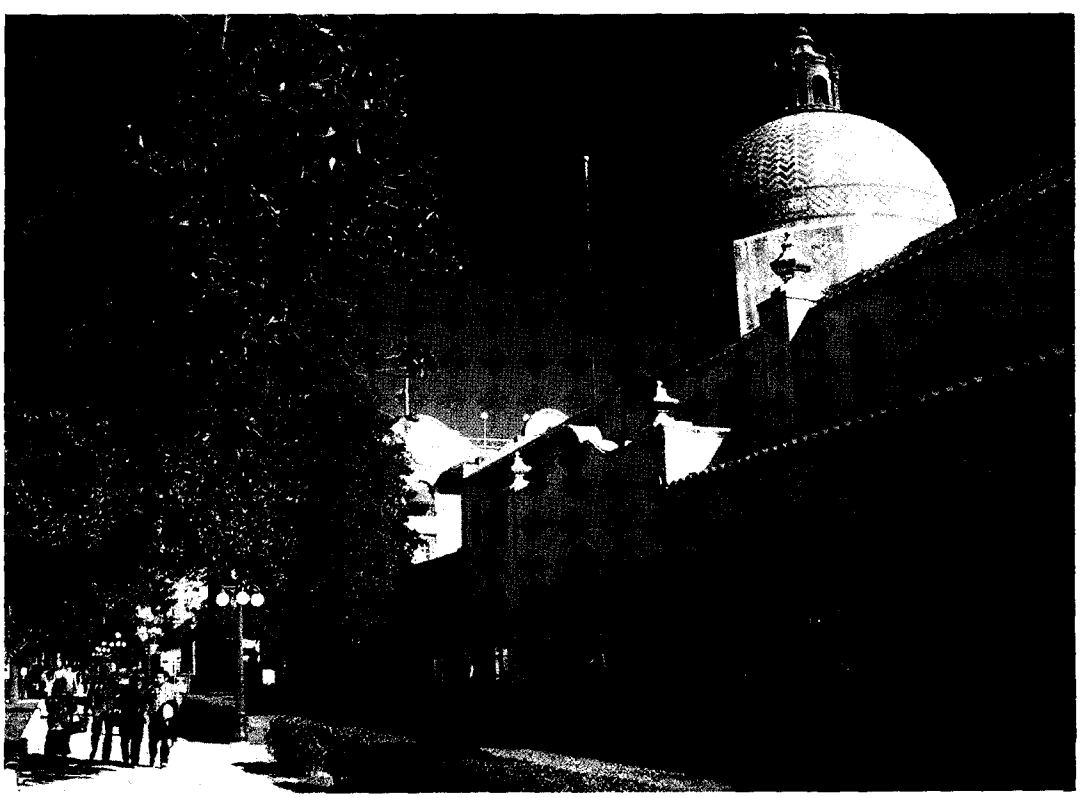
most of the claims of miracle cures from the thermal waters, but visitors still flock to the spa city—about 2 million last year. They come for the same reason as the elite of the Gay '90s and the high society of the Roaring '20s: to relax and be pampered.

Abundant reminders of past splendor delight visitors, as does the town's unspoken philosophy: Take it easy; be happy. The rocking chairs on the Arlington Hotel's veranda, as well as its expansive lobby with plush upholstery, beckon visitors to sit awhile and let the past spill into the present. (Al Capone was a regular occupant of Suite 443 and the Arlington's spa facilities; and from the two Roosevelts to Lyndon Johnson, six presidents have stayed in the Arlington.) Another period hotel, the Majestic, is just down the street.

Among the traditions still intact from the turn of the century is the leisurely pastime of promenading down Central Avenue in the heart of the old city. Faded signs on buildings still advertise nickel biscuits and patent medicine. Many changes have occurred through the years—the Southern Club with open gambling is now a wax museum, and Maxine's brothel is now a funeral home—but the charm of the street remains. Businesses have renovated the storefronts into clothing shops, galleries, and restaurants; the entire street has been designated a National Historic District.



More than 40 thermal springs at 143° F once cascaded down the mountain slopes in Hot Springs. Most were capped off to protect them.



Hot Springs' Bathhouse Row preserves the aura of earlier years, when visitors flocked here from around the country to take the famous cure.

Visitors fall into the stride of a bygone era by strolling along the Grand Promenade, a brick walkway behind Bathhouse Row, or by visiting the Fordyce Bathhouse, which gave its last bath in 1962. The National Park Service spent $5 million restoring the building to its original splendor. Spanish Renaissance architecture, stained-glass windows, imported marble tubs from Italy, statues, and elaborate hydrotherapy equipment made this building the flagship spa of the '20s.

But you don't have to be content with just seeing how it was back then—you can experience it for yourself now. For about $10 you'll get the full traditional treatment at the Buckstaff Bathhouse, in operation since 1912. Another $10 gets you a Swedish massage. Four hotels and a modern health spa also offer the traditional bath. You start with a 20-minute soak in an oversized whirlpool tub. (Slip down to nose level, and let the 100° F mineral water loosen your muscles and dissolve your cares. This is relaxation, guaranteed!) After soaking, you move to a steam cabinet for a few minutes, then to a sitz tub with 108° F water. Next, an attendant packs you with steaming towels and wraps you in a sheet like a cocoon. Twenty minutes later you finish the treatment with a warm shower. Then you're ready for the massage. This is pampering, deluxe style, and the perfect prelude to your next indulgence: dinner, Southern style.

Restaurants may come and go, but for 28 years Betty Gale's Colonial Pancake House has been serving waffles that look like Paul Bunyan's boot print—and with the same cook, too. And over the decades, McClard's Barbecue has earned a reputation for preparing the best barbecue in the state. With Italian, French, Chinese, and Cajun cuisine, as well as down-

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home American victuals, Hot Springs will satisfy most taste buds. From plate lunches to Sunday brunches, prepare to be satisfied. This town has a long tradition of gratifying creature comforts.

Hot Springs has another tradition that dates back to the 1890s: horse racing. Racing became so popular that horses once had their own bathhouse. Today, they have to make do with $500,000 purses. The starting bell rings from late January through April at the Oaklawn track.

A new tradition began in Hot Springs just a year and a half ago—the art-gallery walk. The magic of the waters, scenic hills, European elegance, and a centralized location have combined to make Hot Springs one of the fastest-growing fine-art centers in the nation. The art movement began when a modern-day conquistador, an Italian artist named Benini, visited and fell in love with the city and surroundings. Though his peers and patrons told him he was committing professional suicide, he packed up his paintings and moved there from Florida.

Benini came to Hot Springs with a vision. Soon, local artists and gallery owners, as well as members of the surrounding community, caught his enthusiasm. More galleries opened, and more artists moved to town. Painters and sculptors from Japan, France, and Italy have joined the migration to Hot Springs. A number of the local artists, who were once known only regionally, have gained national recognition. More than a dozen galleries operate in the six blocks opposite Bathhouse Row. The first-Thursday gallery openings turn Central Avenue into a gala parade from one exhibit to another.

Indian legend relates that the Great Spirit forbade all strife, even the killing of animals, in the Valley of the Vapors. Gangsters during the gambling era ignored the ancient injunction, and gunned each other down in the streets. But the springs didn't turn cold; nor did the healing vapors disappear. People kept flocking to the picturesque valley. After four centuries as the nation's most popular spa, Hot Springs, Arkansas, still maintains its famous tradition of relaxation, good health, and enjoyment of the basic pleasures of life—a hot bath and a good meal. De Soto had the right idea all along.

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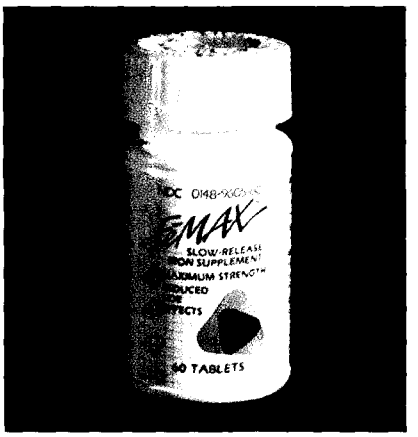

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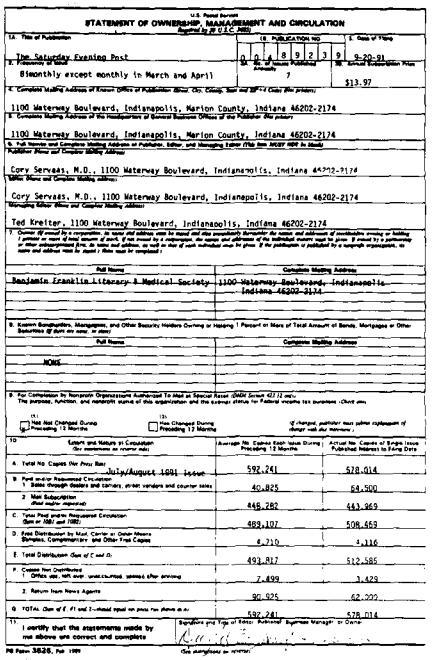

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The Alligator

(continued from page 47)

might have been reminded that this was the gal who had been loudest in urging his banishment and he might have thought that grim justice had been done. But Georgie was in love.

"Don't you worry," he said stoutly. "Let the others whatchacallit—migrate; the two of us can get along all right."

"But we kain't stay here!" Alice cried. "What would Ah eat?"

Georgie looked about him and saw to his surprise that while he had been waiting for the virus to finish him off, the pools where the detested fish dwelt had dried up.

"Well—uh—roots and herbs."

She gave him a lip-curled look. "Ah might have known you wouldn't be a gentleman," she said. "Jus' settin' there laughin' at me, and Ah'm about to stahve." She turned away, nose held high.

"Hold on!" Georgie cried. "I'll find the others for you, if that's what you want. They can't be far away, if they only left last night."

Her eyes widened. "Oh, Gawgie," she breathed. "Do you really think you could?"

"Simple," Georgie said. "All we got to do is find the place they left from and follow the scent. Stands to reason that mob left some kind of a scent." He added silently, "The understatement of the week."

Alice cast herself into Georgie's arms again. "Mah hero!" she actually cried.

It may have been that Georgie was still giddy over her accolade, but more probably it was that the overpowering general smell of the drought-ridden swamp made picking up any single scent impossible; in any case, Georgie sniffed himself blue in the face without getting a trace of anything reminiscent of Big Abe or the others. Alice watched him snuffle around, and the curl came back to her lip.

"You kain't pick up the scent, kin you?" she sneered.

"Who, me?" Georgie asked, astounded. "Of course I can. Matter of fact, I have. They went—thataway."

So saying, he plunged recklessly into the dehydrated morass. He struck out in the direction he would have taken if he had been Big Abe, leading a migration of 60-odd alligators. Alice may have hesitated momentarily, but she followed.

Georgie, of course, guessed wrong. With four main points of the compass and innumerable degrees of those points to choose from, he selected the worst possible direction, due north. This could have been instinct born of those happy days at 88th and Lex; it could also have been due to the fact that Georgie was a noodnick when it came to the simplest outdoor pursuit. He was an apartment-house alligator and the few months he had spent in the swamp had not made of him a saurian Seminole.

Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Photo Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible caption entries must be postmarked by February 17, 1992.

The winner of the Jan./Feb. 1992 contest will be announced in the May/June 1992 issue.

Our congratulations and a check for $100 go to P. J. Farnsworth of Point Pleasant, New Jersey, for the winning entry in our September/October 1991 caption contest.

Temptation a salesman was fighting,
But gave in to the water, inviting.
He stripped to his skin,
Went in to his chin,
Then prayed that the fish were not biting.

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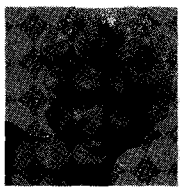

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If Alice suspected that her hero was plotting a course Big Abe never would have considered, she, for once at least, kept her sugary mouth shut about it. Where Georgie led, she followed. It must be presumed that she was on the dumb side in this; it never sank through her skull that all the tourists glimpsed from the roadside underbrush were pale and eager when they were driving toward where she and Georgie had come from, whereas the tourists driving in the direction they were headed were all glum and tanned, with their cars loaded to the roof with souvenirs, exposed film, and sacks of citrus fruit. She kept quiet about this, but she did complain about everything else, ceaselessly.

"Ah simply loathe travelin' at night," she fretted.

"Ah 'clahr, it jus' gives me duck-bumps all ovuh, nevuh knowin' what mah foot's goin' to tromp on next."

"It's got to be," Georgie explained. "You let one of these tourists see you and you'll wind up in Milwaukee before you know what happened. They put the grab on anything that walks, flies, or crawls, these guys."

"Ah'm simply daid," Alice moaned. "How much futhuh?"

"Not far," Georgie lied. "The scent is getting stronger all the time."

"Well, Ah kain't smell anything like Big Abe," Alice whined peevishly. "All Ah kin smell are pralines, Bar-B-Q, and fried chicken. Which reminds me——"

"Aw, keep your hide on," Georgie said wearily. "I'll get you something to eat at the next pond."

For, by this time, Georgie was getting fed up with Alice. She had not worn well; love had flown. That voice he had thought so cute was now a persistent pain in the ears. Alice was always tired or hungry or duck-bumpy.

Those duck-bumps gave Georgie to pause. The job of supplying her with fish from the ponds they passed was getting increasingly uncomfortable too. The water, it seemed, was not being heated properly. As a matter of fact, the whole air-conditioning system seemed to be out of kilter in these parts.

Georgie told himself that if Mrs. Jones had to put up with this kind of service she would be very tight-voiced over the house phone, like she had been that time the janitor at 88th and Lex had hung on a beaut and everybody had had to wear overcoats at the breakfast table.

Gradually it seeped into Georgie's mind that all outdoors was getting colder. This shouldn't be, not if he was pointing in the direction of Key West. South should be right over there and——It was then he saw the sign:

WELCOME TO THE OLD NORTH STATE;
WHERE THE WEAK GROW STRONG AND
THE STRONG GROW GREAT.
NORTH CAROLINA.

Alice, fortunately, was facing away from the signboard, commenting acidulously on the fact that Gawgie had been able to find poor little ole her only a measly ole passel of catfish, she 'clahrred, foh her suppuh. Georgie hastily led her into a honeysuckle thicket, out of sight of that cheery, damning welcome.

While Alice yakked on about the quality and size of the catfish, Georgie faced the stark facts. He had spent two weeks, maybe more, leading Alice directly away from Florida, Big Abe, alligator country. Over heavens knew how many state lines!

He was in a jam, and deep thought gave him four choices: He could give Alice the fast brush; he could keep on with this Deep South kid and maybe make Manhattan before he popped his cork and gave her one in the kisser; he could confess his error (and Alice would—ow!) and retrace his steps; or he could loop back in a wide swing that never would let Alice know he had goofed in the first place.

The idea that appealed to him most was leaving Alice to yak at herself and going it alone, all the way to New York. But Georgie was a gentleman; no matter what kind of foul ball Alice had proved to be he couldn't just up and leave her stranded. To take her with him to New York—well, Alice wasn't the type to fit in there. To tell her of his mistake was to invite a tirade that would have scarred stronger alligators than Georgie. So the looping-back idea, actually, was the only choice left to him.

He started on, after prodding Alice awake. He began the loop, but somewhere, somehow, he straightened out again. Without realizing it, Georgie led Alice west-northwest.

It grew hillier and hillier. Alice grew whinier with each step. Food got scarcer, because Georgie found he could stay underwater, hunting fish, only a few minutes before his teeth started to chatter, spoiling his aim. Then, early one morning, he dived into a pond from a high bank and knocked himself out for a good five minutes. He came to, to hear Alice nagging at him from the bank.

"Jus' floatin' around on top of the watuh, enjoyin'

The Perfect Squelch

Mulcahey, a veteran New York News printer, has been around long enough to give the makeup editors pointers on handling news in type. If they dispute his suggestions in the rush of making a deadline, he roars good-humoredly at them, "You're driving me crazy!"

When Mul went on vacation, his place was taken by a young printer who admired him greatly and tried to imitate him in all respects. One day while working on a golf story, the novice made a suggestion which the sports makeup editor vetoed. Falling back on Mul's old standby, the youngster yelled, "You're driving me crazy!"

The editor looked him up and down and replied, "That's not a drive, son; that's a putt."

—Bill Matthias

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Uncle Bernie

That's right! I'm Uncle Bernie and if you're at least 50 years old like me, you can start buying all the merchandise you want at unbelievable wholesale prices right now! The prices in this ad are just a sample of the savings, and if you've never seen true wholesale prices before, you're probably amazed! Did you know that stores normally charge you DOUBLE their wholesale price on the products you buy? Surprise! Mail order companies make that look like a bargain! You can pay them as much as 10 TIMES the original product cost or more. How else do you think they can afford to mail out BILLIONS OF DOLLARS of junk mail every year? And where does it end up? Most of mine gets tossed in the garbage. That's no way to spend your hard earned money! With my club, you'll have a way to get the same products at wholesale, or below wholesale ALL THE TIME!

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By collecting a small membership fee from all my customers, I can afford to mail you a catalog that will let you buy wholesale for one full year, pay for this ad, and make a small profit WITHOUT charging you a fortune for the products you want. And because I'm running this nationwide membership drive, you can even save 50% on your membership fee if you join before February 20, 1992. You pay just $10 (not $20) for a full One-Year Membership. That gives you ALL the benefits right away including the savings on the products in this ad. Remember, you must be at least 50 years old to join. After all, us older folks deserve a break after all these years!

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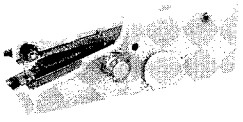

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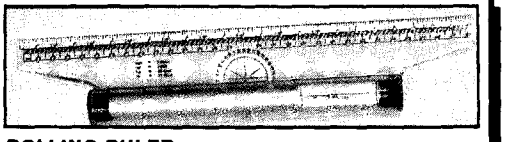

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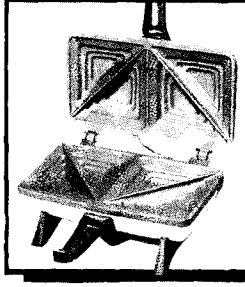

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yo'self," she pouted, "while Ah set here jus' stahvin'."

"I ain't floating and this ain't water," Georgie said groggily. "This pond is frozen over. This is ice."

"Ice?" Alice squealed. "Hahcome there's ice in Florida when there nevah was befo'?"

"A cold wave," Georgie said drearily. "Come on, let's go."

With Alice's caustic comments dinning in his ears, he dragged himself along the way. He was completely lost now, if he had ever been anything else. Never had he been in a country where everything was up and down, where the view was either Rockefeller Center from the sidewalk or the Empire State from the observation platform. The very sights and sounds about him had changed; where there had been the brisk tattoo of wrinkling fenders and the thousands of signs each proclaiming the SHORTEST WAY SOUTH, now there was the twang of the gittar, the squeak of the fiddle, the chant of "Prom-ee-nayd home!" and signs that said STEAM HEATED. And everywhere—everywhere—bears.

True, the bears were all in cages adjoining gasoline pumps, but they terrified Alice and they made Georgie nervous.

"What paht of Florida have you lured me into, Gawgie?" Alice demanded. "What mean trick have you played, takin' me where there's nothin' but big ole beahs?"

"They got a circus in Sarasota," Georgie said lamely. "We must be close to there, huh?"

It was a pretty feeble explanation and Alice was not convinced. In fact, Alice's Dixie-belle cerebral processes finally had stirred sufficiently to tell her that this was no part of Florida at all, that Georgie had led her astray. Suspicion became horrified conviction the morning that brought snow.

"What's that?" she shrieked when the first flakes whirled down.

"Orange blossoms," Georgie tried, but as the snow thickened with a rising wind, he gave up. "It's snow," he confessed miserably, "and we're lost, and from the looks of things we're about two miles due east of the Arctic Circle. I made a wrong turn."

After Alice's hysterics had quieted to intermittent shrieks, Georgie faced stark facts again. The snow was getting deeper and showed no signs of stopping; the ponds were freezing over and if they did not do the same themselves they would surely starve to death. Attempts to get back to warmer climes undoubtedly would wind up in Canada, if past performances meant anything. This was it, then, the time for surrender.

"Come on," he muttered. "I'll get you in out of this blizzard."

"What are you goin' to do?" Alice wailed.

"We're going to give ourselves up," Georgie explained. "That last place we passed, the one that had the five bears, the monkey, and the rattlesnake—we're going to turn ourselves in to that guy."

"Nevuh!" Alice cried dramatically. "Death befo' enslavement!" And then, as Georgie shrugged and waded off through the snow: "Way-utt fo' little ole me!"

The man who operated the Cherokee Wampum Inn and Trading Post was named Ike Popple, and Ike had the reputation in Graham County, North Carolina, of being a teetotaler. He was jealous of this reputation and that's why he called in all the people on his party line, shouting hoarsely for them to drop whatever they were doing and come along down to his place right away to see with their own eyes the two alligators—yes, by Humphrey, alligators!—in the snow outside his place.

As might be expected, the confusion was enormous, but when the excitement died to a mere clamor Georgie and Alice found themselves where Georgie had predicted they would be, in a warm, clean cage with plenty of food and, overhead, a frantically scrawled sign which screamed:

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You Be the Judge

by Charles C. Collins

For an especially merry New Year's party long before the hydrogen bomb was ever heard of, the proprietor of a night club bought some balloons filled with hydrogen. The balloons floated colorfully along the ceiling until very late. Then several of them lost their buoyancy and began to come down.

A young lady had just put on her fur coat to leave when one of the balloons drifted near her head. A sportive companion touched the balloon with a lighted cigar. There was a loud bang. When the smoke cleared away, the young lady found her fur coat badly singed.

She sued the proprietor, contending that he had exposed his guests to danger without giving adequate warning.

Counsel for the defendant replied that it wasn't his client's fault, it was the fault of the dim-witted jokester who poked the balloon with his cigar.

If you were the judge, would you hold the night-club owner responsible and make him pay for the loss of the young lady's fur coat?

The young lady collected $1,000. The court ruled that the balloons were inherently dangerous and that the night-club owner was to blame for failing to warn his patrons, even though he had no direct control over the wag with the lighted cigar.

Based upon a decision of the Supreme Judicial Court of Massachusetts.

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Diet for a Longer Life

continued from page 28

3 teaspoons sage
1 teaspoon Accent
1½ cup ground nuts (pecan or walnut)
1½ cup grated low-fat yellow cheese
1 large onion, minced
2¼ cups cracker crumbs (low-sodium)

Beat eggs slightly; add next 8 ingredients. Stir in cracker crumbs last. Form into balls the size of walnuts. Freeze overnight. Pour boiling gravy into casserole dish and drop balls into mixture. *Do not thaw* balls before cooking, as they will not hold their shape. Bake immediately at 350° F for 45 minutes.

Per Serving (1 meatball):
Calories: 57 Sodium: 80 mg
Protein: 1.8 gm Cholesterol: 1.7 mg
Fat: 4.4 gm Carbohydrate: 1.7 gm

♥ ♥ ♥

Gravy

3 tablespoons low-sodium broth granules (beef)
1 teaspoon pepper
3 tablespoons Italian seasoning
1½ quarts boiling water
6 tablespoons browned flour

Brown flour in skillet over medium heat, stirring frequently. Combine slowly with broth dissolved in boiling water. Bring to full boil. Cook until thickened. Pour gravy into casserole and drop in balls. (This gravy is thin at first, but thickens as it cooks with the balls.)

Per Serving (½ oz.):
Calories: 5 Sodium: 3.8 mg
Protein: 0.2 gm Cholesterol: trace
Fat: 0.1 gm Carbohydrate: 0.3 gm

♥ ♥ ♥

Garbanzo Supreme

(Makes 4 servings)

1 medium onion, chopped
1 15-oz. can garbanzos, drained
1 can low-sodium tomato sauce (15 oz.)
½ teaspoon sweet basil

Sauté onion in ¼ cup water in medium-size skillet until tender clear. Add garbanzos and tomato sauce. Simmer 20 minutes. Serve over cooked rice.

Per Serving (1 cup):
Calories: 164 Sodium: 26 mg
Protein: 8.3 gm Cholesterol: 0 mg
Fat: 1.9 gm Carbohydrate: 30 gm

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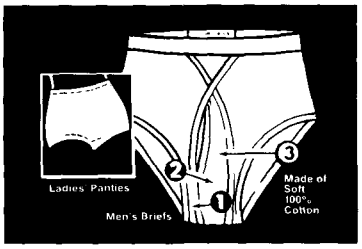

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☐ 6	38	☐ 8	42	☐ 10	46

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Ike Popple found himself with a full-blown tourist season on his hands months before the scheduled influx of flatlanders. Naturalists came and scoffed and were run out of the county by the outraged mountaineers they called liars. Other scientists published treatises holding that Georgie's and Alice's appearance in the Great Smokies indubitably was linked with the goings-on at Yucca Flats. Rival tradesmen upped their bear inventories without avail. One desperate competitor imported a flamingo, but the bird sickened immediately, lost its plumage, and was sent home, sneezing. Alice and Georgie were the sensation of the burgeoning tourist trade, outdistancing even Rock City.

Alice ate it up. Once she got over her first stage fright, she preened herself under the admiring gaze of the goggling spectators, and as she grew more and more vain she grew more and more unbearable to Georgie.

Safe, secure, Alice shucked all previous "mah hero" nonsense; now she alternately shouldered him out of the limelight and away from the weirdly assorted goodies that were tossed them by the tourists and berated him for winding up in western North Carolina while heading for Key West. The fact that she had never had it so good in her life made no difference; Alice beat on Georgie ceaselessly when she wasn't hamming it up for her audience.

As for Georgie, he took it. True, he knew he could open his cage any time he chose using the trick that had nearly got him shot in South Carolina that time, but he did not choose. His experiences had convinced him that he was something less than a genius at finding his way and he still shivered when he remembered how close he had come to freezing outside. Bad as it might be with Alice, it still could be immeasurably worse wherever the sense of misdirection took him. So Georgie stayed at the Cherokee Wampum Inn and Trading Post and learned to sleep 23½ hours a day.

He was deep in slumber, but he came wide awake one evening when he heard Mrs. Jones say: "Great heavens, it's Georgie!"

He opened his eyes and found it was no dream. There they were—Mr. Jones, Mrs. Jones, Susie, and Nancy, staring at him in delighted wonderment.

"It can't be him!" Mr. Jones said in awe.

"But it is, Daddy," Nancy said. "There's that place on his nose where he got it caught in the electric fan."

"It is!" Susie cried. "Oh, Georgie, we've missed you so much! We want you back—all of us! We've got a new apartment now where they let you keep anything! And Poppa got the raise and—oh, Georgie, come home!"

Georgie bit back the tears that threatened to flow. He yawned and hissed and wagged his tail, and then he looked around. Good luck had caught up with him at last—the Jones family were the only customers in the place, and Ike Popple was having his supper. Georgie hurried over to the cage door and opened it with all his old-time skill.

"And wheah do you think you'ah going?" Alice asked shrewishly.

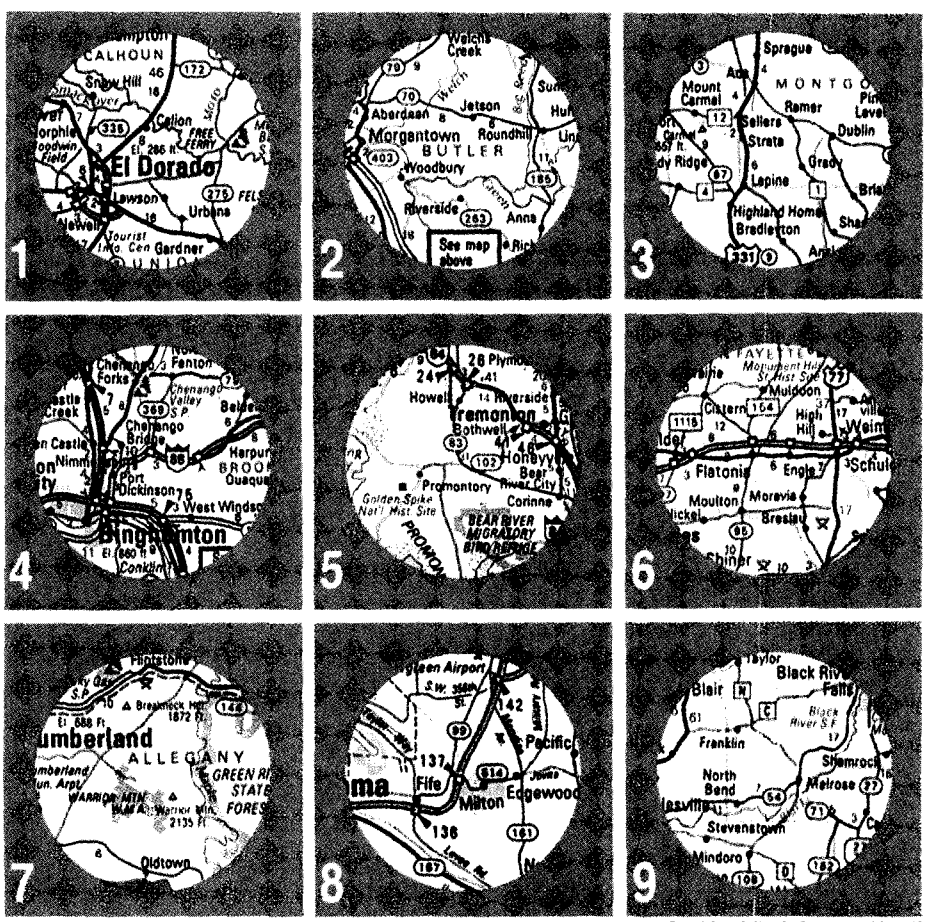
Georgie glanced over his shoulder and grinned.

"So long, Honey Chile," he told her. "Nice knowin' you—Ah sweah it was."

There was some discussion among the Joneses about the ethics of reclaiming their pet without notifying Ike Popple, but love won over principle, as usual, and Georgie was smuggled out to the Joneses' car.

"But, Daddy," Nancy—trust her—said, "isn't it cruel to separate Georgie from his mate like this? I mean, old Mother Nature intends—"

That was as far as she got. Georgie reached up and gave her a nip. It wasn't a hard nip nor one that would ever show, but it was the last time anybody mentioned dear old Mother Nature in Georgie's hearing.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 74)

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Kate on Kate

continued from page 43

And then he had a son who was deaf, and I think he felt that was some failure of his, possibly, being a Catholic. And then the marriage was sort of thrown off, by the mother paying attention to the son, I think. I don't know, I wasn't around during the early part of his separation from Louise. I think she was in a hopeless spot because she had to take care of their son."

Despite their seemingly opposite natures—Hepburn describes hers as a happy one—she says life with Tracy was not difficult: "He was a very entertaining man. Wonderful sense of humor. Made me laugh."

On Golden Pond, released in 1981, was a triumph for Hepburn and Henry Fonda. Both were in their 70s and won Oscars.

Three years later she made *The Ultimate Solution of Grace Quigley* with Nick Nolte, a box-office failure. She has not made a movie since. ("It amused me. I'm sorry it didn't amuse them," she says of audience indifference to *Grace Quigley*.)

Hepburn remains interested in making films, but not in appearing on stage. ("Can't stay up that late. I've got to go to bed.") She would like to play herself in a script she's written about herself and longtime secretary Phyllis Wilbourn.

Every Thursday, Hepburn leaves Manhattan for a long weekend in Fenwick, where she takes her famous swims. (She doesn't swim in New York, because she's not wild about pools. "I haven't tried the East River," she quips.)

In New York, where her midtown address is known to many, fans sometimes wait across the street or knock at the back door. What are they after? "Autographs or to see me. Come in and have lunch, I suppose," she snorts.

Do they get in? "No, they don't."

For all her feisty gruffness, Hepburn—who always wanted fame above all else—allows that it would be troubling if people failed to recognize her. "I think to myself, 'What would it be like if they didn't say, "Oh hello, Kate." ' That would be very funny, but I've never known that."

"It's odd, isn't it?

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Spoonerisms

continued from page 14

ahead of the pitch.

Yaz is a ballplayer, not a talker. But almost no one is exempt, certainly not politicians. During the presidential campaign of 1988, Senator Bob Dole of Kansas praised the Nicaraguan "freed*er* fight*oms*." (For lovers of documentation, Dole said it on NBC, December 1, 1987.)

Nor are professional speakers immune to Spooner's bug. News anchor Peter Jennings began a report on the San Francisco quake with "when the *earthquack strake* last night" (ABC, October 18, 1989). After the Bentsen-Quayle debate of '88, Jennings specified what he thought was "the most spontaneous *evening* of the *moment*" (ABC, October 5, 1988). And Tom Brokaw, at the same event (but on NBC) called it the kind of "experience that *help shapes*" the nation's political choice.

Johnny Carson's tongue trips now and then over a monologue phrase. He called a recent event "a *lokey struck* for us." And a few of us actually remember hearing Harry Von Zell, back in the early '30s, introducing "the President of the United States, *Hoobert Heever*."

Spoonerisms fascinate playful minds. In early childhood we talk of hopgrassers and flutter-bys. We're charmed by "secret" coding and naively assume that adults won't understand our Igpay Atinlay. By the time we outgrow that self-deception, we fall for another: the idea that our friends will be entertained by "clever" twists like *one swell foop*.

Nevertheless, I'm addicted to Spooner's affliction. It's fun to play with sounds, to hear them in curious patterns. I just hope it's less annoying than some thinkle seem to peep.

The Saturday Evening Post
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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Be at War with your Vices, at Peace with your Neighbours, and let every New Year find you a better man."—*Benjamin Franklin*

After a Blow to the Head, Don't Take Aspirin

Aspirin is one of the most effective and inexpensive medicines a doctor can recommend. Because it works well as a blood thinner, it is highly recommended for people whose platelets are apt to coagulate and who are candidates for strokes or heart attacks. Research has proven that aspirin used as a blood thinner can lessen the incidence of these killers.

There are times in emergencies, however, when a blood thinner is the last thing you want. Obviously, aspirin shouldn't be given to anyone with a bleeding injury. *After a blow to the head, there is always a possibility of internal bleeding—which can be made worse with aspirin.* This warning to our readers comes because of an event that occurred in the life of our good friend, the Rev. Bob Schuller.

Dr. Robert Schuller's experience illustrates that after a bump on the head, one shouldn't take aspirin and should be awakened every hour to guard against the dangers of slipping into an undetected coma.

Because my husband is on the board of directors of *Hour of Power*, we were notified recently that Dr. Schuller had suffered a bump on his head and was in the hospital in Amsterdam. I called the hospital and breathed a sigh of relief when I was told that Dr. Schuller had a *subdural hematoma*. This kind of brain injury can often be handled with no aftermath by draining the excess blood from under the covering of the brain. It usually involves drilling a small hole through the skull to drain the blood; recovery should follow soon after.

Dr. Schuller had struck his head on the car door when he and his colleagues were visiting the historic World War II hiding place of Corrie Ten Boom.

His son-in-law later told me that Dr. Schuller had merely uttered "*Ouch,*" but a couple of hours later, he got an excruciating headache and decided not to join the rest of the party for dinner. Instead, Dr. Schuller took *four aspirins* and retired to his room, where he was later discovered unconscious.

Dr. Schuller's son Bob was delivering a sermon on *Hour of Power* several weeks later when he explained that because his father took four aspirins for his painful headache, there was more bleeding that required additional surgery in the Amsterdam hospital.

In retrospect, this was a very bad time to take four aspirins. As he may have had a trickle of blood causing his headache, four aspirins thinning his blood could have endangered his life. Fortunately, he was in the hands of a good neurosurgeon just in time.

Everyone should know that after a blow to the head, if a person is conscious at first and becomes unconscious, it is extremely important to find a neurosurgeon quickly who could rule out a subdural hematoma, or who—if it is a subdural hematoma—could do this life-saving surgery immediately.

One should awaken the victim of a blow to the head every hour for eight hours to make sure that the victim hasn't gone into a coma during sleep. This is important, since a blow during the day might bleed enough to cause a coma during the night.

Due to the danger of the bleeding complications, aspirin shouldn't be used after a blow to the head to relieve the pain. Other pain relievers, such as Tylenol, can be used, as they will help the pain without thinning the blood.

Early computerized tomography, known as CT scanning, to detect a hematoma and close observation in a hospital setting have reduced the high death rate in patients with head injuries who were initially predicted to be at low risk. Since the use of CT scanning, mortality from subdural hematomas has decreased from 90 percent 20 years ago to less than 12 percent today.

"I'll never understand how they came to be called the 'patient.'"

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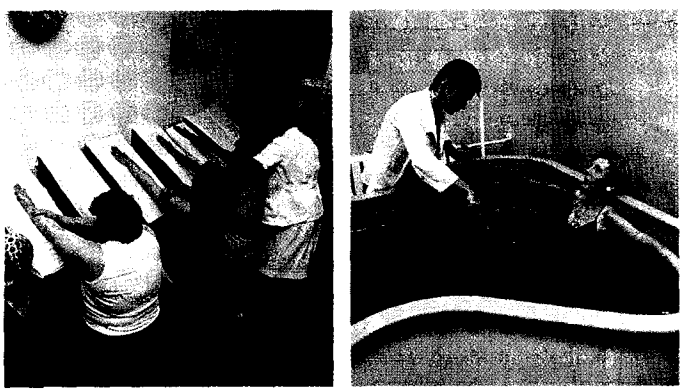
Accidents—particularly those involving motor vehicles—are the leading cause of death in children of industrialized nations. Patients who appear to have sustained only minor head trauma may later develop major problems. The initial injury may seem insignificant, but within hours or days, signs of increased intracranial pressure develop. These can appear in the form of headaches, projectile vomiting, drowsiness, and unsteadiness of gait. If you detect any of these symptoms following a head injury, seek medical attention immediately. Any blow to the head should be taken seriously.

Pity the Female Poles

In the whole of Poland there are only 24 pieces of equipment for doing mammograms. They have 24 more in the country that aren't fit to use. We were shown rooms filled with women in therapy for their advanced breast cancer. Under years of Communist rule, the medics weren't able to



Hospitals in Warsaw, Poland, take excellent care of their many advanced cancer patients with music and hydrotherapy, but unfortunately it's almost impossible for most women to obtain a screening mammogram.

prioritize their budgets to screen patients for early detection. This created a system geared to caring for the very ill rather than preventing illness.

In Poland we found that there are far more breast cancer patients per capita in the cities than in the country.

Men: Be Checked for Prostate Cancer

We have been addressing the need for men over 40 to regularly be tested for prostate cancer for a long time, most recently by running the letters of Jack Albritton, a prostate cancer patient, in "Medical Mailbox" and by printing an article on prostate cancer written by Dr. Ralph Dittman in the November/December '91 issue. With the death late last year of producer Joseph Papp from prostate cancer, and announcement of rock musician Frank Zappa's having the disease, new attention is being paid to what is now called the masculine equivalent of breast cancer.

The rate of prostate cancer has increased by more than 50 percent since 1973, making it the second largest cause of cancer death for men (after lung cancer). But there is hope, as Dr. Dittman explained in his article. By employing a simple blood test known as the PSA (which stands for prostatic specific antigen), the risk of advanced prostate cancer can be diminished significantly. Needle biopsy during ultrasound testing can also help to catch the disease early.

Mr. Albritton wrote to us again in response to Dr. Dittman's article, and we felt his questions—and Dr. Dittman's answers—should be shared with our readers.

Playing Till the End

Dear Dr. SerVaas:

I, who have prostate cancer, so much appreciated the article by Dr. Dittman (Nov./Dec.).

He writes straight away and without the Greek and Latin words that many doctors are prone to use.

But the good doctor stopped too soon. What happens to the PC patient after it has been determined that his cancer has spread? We know, as with Dr. Dittman's cousin David, that he is then classed "stage D," but what then?

I have stage D prostate cancer and I am interested in the end game, how it plays itself out over the last few months.

I am not at all sure that I want the prolongation of life that may be possible by the use of chemo and radiation if it only buys an extra period of pain.

Perhaps Dr. Dittman might be induced to generalize on what really happens during the various phases of this final period? He suggests that on average the D-stage patient may linger around for over two years.

In my case, I know that the cancer has spread in at least minute amounts to nearby lymph nodes. I do not yet know if it has spread to other organs, and my PSA remains zero. Using this as a point of departure for a fictional PC patient scenario, how on average will one progress over the final months? What are his options? Why opt for chemo and radiation at all? Is there anything new that offers promise in the short term?

I have had two "second opinions." My first was from an oncologist. His advice was to forget the whole thing and rely solely on my doctor to make all decisions at the proper time. How quaint! My second was from a noted urologist. He immediately turned me over to a junior resident from whom, as I recall, I got no opinion.

Jack Albritton
Petersburg, Illinois

"Doc, what do I have . . . within reason?"

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We sent Mr. Albritton's letter to Dr. Dittman, and here is his reply:

Dear Mr. Albritton:

You are a courageous, motivated, intelligent person. I admire the way you are handling your fight with prostate cancer. Your attitude is perhaps the most important weapon you have. Judging from this letter and your previous letters in "Medical Mailbox" (July/Aug. and Nov./Dec. '91), you have got the spirit to face Mike Tyson if need be. And you know what? I would bet on you! Keep it up, my friend.

Let me try to address a few of the questions you have posed. Stage D prostate cancer is broken down into stage D_1 and D_2. D_2 means the cancer cells have spread to organs outside the pelvis, most frequently the bones, liver, or lungs. D_1 means the cancer has spread to the lymph nodes.

In your previous letter you stated that you had already undergone radical surgery to remove the prostate and that you were classified as stage $D_{1/2}$. If this means that the pathologist examining the lymph nodes found very small clusters of cancer cells, and if all your other tests for cancer-spread were normal, then there is a chance you may be cured. Please remember I am answering you without benefit of those tons of test results tucked away in those volumes of medical records.

My cousin is a stage D_2. Both my uncles were D_2 when initially diagnosed. They were beyond surgery. The fact that you had surgery and that the evidence of lymph node involvement may only be inferred from the surgical specimen means that possibly, just possibly, you may be cured. The statistics would be against you, but it is possible.

Of primary concern will be the nature of the cancer itself. What "grade" was the tumor? Were the cancer cells very wild and crazy looking? Or were they just a little on the cancer side? If they were not wild-looking, that is more in your favor. Maybe Tyson is not in full fighting shape?

Testosterone Is Like Kerosene and Fire

You also mentioned in your previous letter that you were taking flutamide and leuprolide (hormonal therapy). In this letter you say your prostatic specific antigen (PSA) is zero. That is great. I am sure you realize the importance of hormonal therapy to suppress the production of testosterone, a male hormone. Though testosterone has not been found to be a cause of prostatic cancer, it speeds its spread. It is like kerosene and fire. Kerosene does not start a fire, but it makes it worse.

"Does anybody here smoke?"

The leuprolide acts at the brainstem level to inhibit the hormones that stimulate testosterone production while flutamide acts at the receptor site to block the action of any residual testosterone that may be circulating. You have put out the fire, and you have gotten rid of the flammables as reflected by the zero PSA value.

Jack Albritton of Illinois—living with stage D prostate cancer.

You ask about the chemotherapy and radiation options. These forms of treatment are usually reserved for hormonal failure, as a last-ditch effort to stem the tide of a progressive cancer that has broken through after treatment with hormonal therapy. There are some new drugs being studied which hold promise for effective chemotherapy treatment.

In the July/Aug. '91 "Medical Mailbox" column, Dr. Sam Broder discussed the testing of the drug taxol at locations such as the M.D. Anderson Cancer Center in Houston, Texas. The staff will be glad to send you the requirements for admission to that study. This is the only new drug or other new therapy I know of on the horizon.

A Lump In My Throat

This is where I get a lump in my throat as I turn to your preeminent question, the hardest to answer: "What really happens during the various phases of this final period?" Keep in mind, Mr. Albritton, this may never happen to you. You may be cured. Possibly all the cancer has been stopped by the network of lymph nodes removed. If not, if you still have some microscopic remnants, you may remain symptom-free as long as you keep the fire out with your hormone suppression therapy. You could stay entirely symptom-free for four to five years. If you begin to experience hormonal failure, the fire will begin to burn.

The first evidence of the failure of hormones to control the cancer may be a rise in the PSA value. However, you must not become a slave to this laboratory marker. Rather, you must be totally in tune with your body. You will begin to feel bad, lose weight, have the "blahs." Food may not taste the same. You just won't feel right. Of course, these are the same symptoms you could get with the flu or a dozen other disorders. Always think positively that it is just a flu, but be sure to check it out with your physician.

The real symptom to be looking out for is bone pain, especially lower back pain. Any expression of bone pain must be evaluated in depth immediately. If evidences of bony spread are found, then you may want to consider focal or spot radiation for control of pain. In some cases, surgery may even be indicated to decompress stress fractures of the vertebral column. These types of spread-symptoms can occur years before death.

Heading Downhill

With eventual spread to major organs such as the lungs

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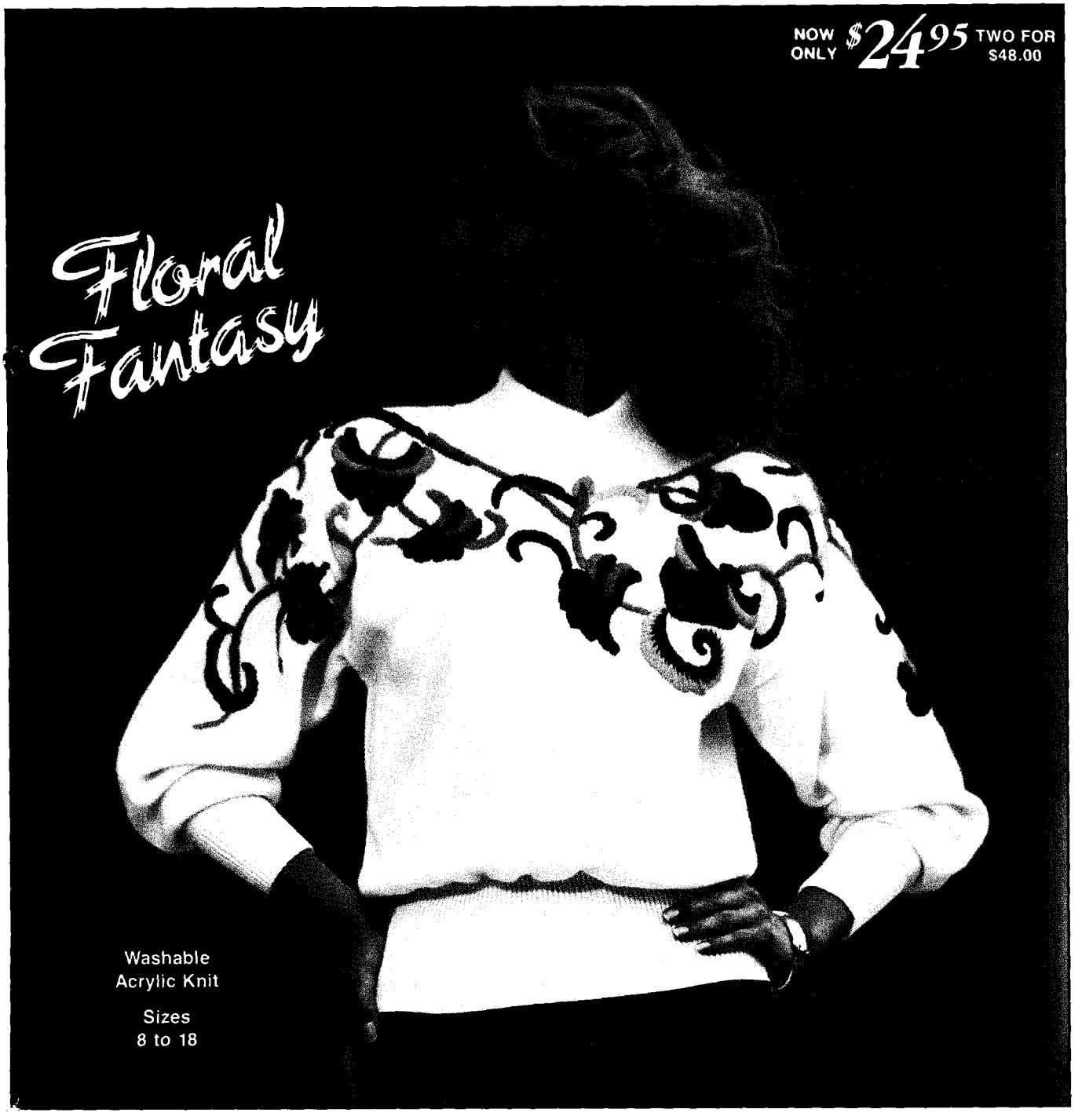

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or the liver, one begins to head downhill rapidly. This usually marks the beginning of the end, the terminal few months you asked about. Both of my uncles died of heart attacks brought on by the stress of being in pulmonary edema—their lungs filled with fluid. It is not as ghastly as it sounds; in fact, both of them died in their sleep, peacefully, at the end. They had spent much of those final three to four months in and out of hospitals, in and out of heart failure, liver failure, and pulmonary edema.

Playing It Out

This is when you have made it to the 15th round with Tyson. You have put up a great fight going into the last round. But you are bone-tired! You ache all over. Your body is bruised. Your soul is screaming for relief. Can you make that last round?

When I think about my uncles, I think of the strength they showed, the fight they waged. They fought it, right to the end. And in so doing, they scored a real knock-out victory in my record book. To me, they will always be heroes for putting up the roughest fight they could.

Let us hope you are not even in the ring, Mr. Albritton. If you are, here is someone in your corner, all the way.

Sincerely,
Ralph Dittman, M.D.

Dear Dr. SerVaas:

In response to Mrs. C. Spring's letter to "Medical Mailbox" in the Nov./Dec. '91 issue—there is a clearinghouse for prostate cancer news. It is:

Patient Advocates for Advanced Cancer Treatments, Inc., 1143 Parmelee N.W., Grand Rapids, MI 49504, (616) 453-1477.

This organization and its newsletter, "Cancer Communication," is a brainchild made possible by the determination of one man, Lloyd Ney. I believe he started it in 1988. If any of your readers are interested in receiving this newsletter, have them phone or write Mr. Ney. He will put them on the mailing list right away.

Dr. Dittman in his article "David, Why Did You Wait?" paints a rather gloomy picture for those with stage D prostate cancer when referring to his Uncle Ernie's case 20 years ago. It leaves one with the impression that nothing has happened in 20 years and that all stage D PC patients can look forward to a pain-ridden maximum life span of two-and-a-half years. It doesn't have to be so.

I was diagnosed with PC on July 1, 1986, and opted for surgery, but was quickly closed up as my cancer had grown outside the prostate gland. I had my 28 days of radiation in September of 1986 and metastasized to bone in February 1989, *two years and nine months ago at this* writing. I am a stage D_1. My hormonal medication, which was developed after my 1986 diagnosis, includes a lupron depot shot every 30 to 33 days and 250 mg of eulexin (flutamide) every eight hours around the clock. This medication has lowered my PSA to less than 1 and my acid phosphatase to 0.4.

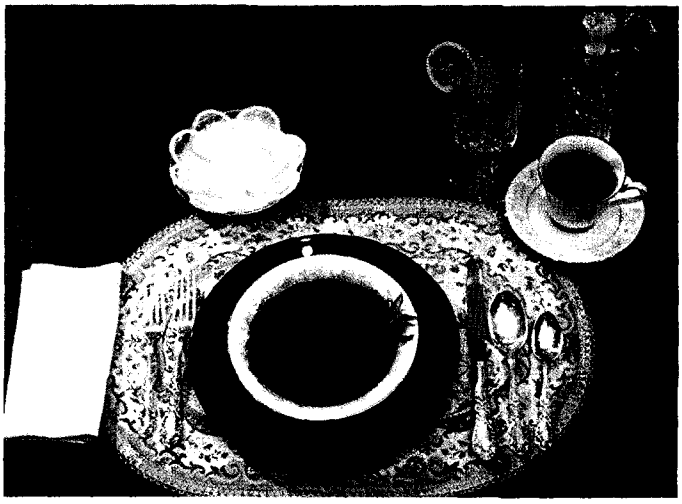
I am a 65-year-old in remission. With the blessing of my urologist I play tennis at 6 a.m. three times a week, pump iron, and lead a healthy, active, pain-free life.

Besides the medicinal aspect of my PC treatment, I use alternative forms of therapy, which include belonging to a support group, a low-fat diet, relaxation and visualization (imaging), much laughter, prayer, and a very positive attitude. I receive support from my friends and family, the greatest of which is provided by my wife. I am a happy, caring, loving person. I have taken charge of my body. The ultimate decisions on treatment and alternative treatment are mine. I am a survivor.

James Snow
Portland, Oregon

Lead Poisoning

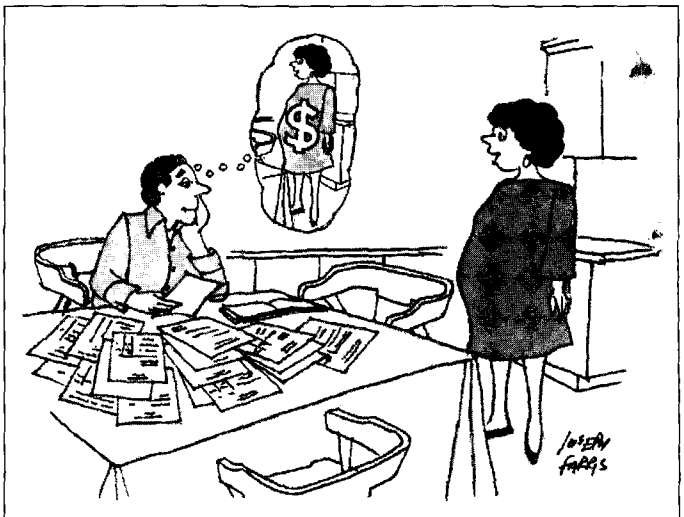
With a new federal law that limits the amount of lead that china manufacturers can use in their glazes, the danger of



The tomato soup might be absorbing lead from the Noritake china bowl. The teacup could release lead into its Lemon Zinger tea. Acids are potential hazards, as they leech the lead from the glaze. Inexpensive Corningware is safer.

lead poisoning from some of the world's most famous china has now come to light. California has brought legal action against 10 china manufacturers, including the makers of the beautiful Wedgwood, Noritake, and Pfaltzgraff china, for infringements of that state's standards.

The danger arises when the glazes are subjected to acidic foods such as citric teas that can extract the lead into the food. Vessels that contain liquid—like cups or vinegar de-



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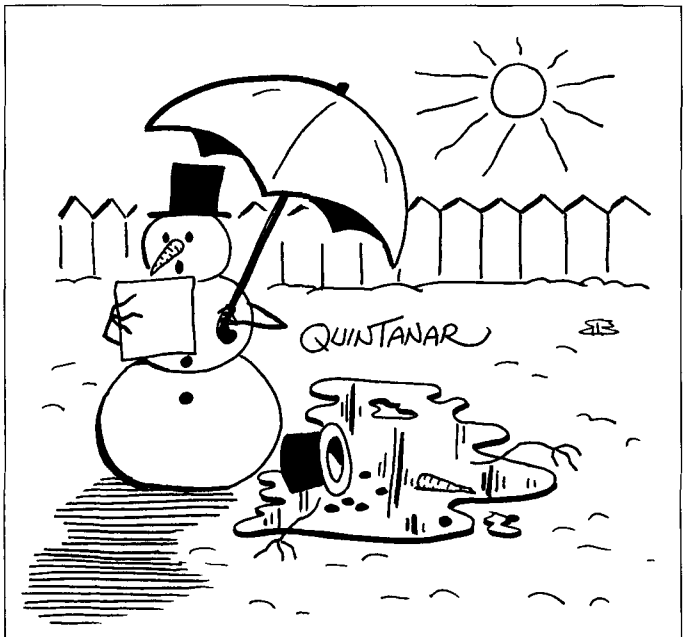
canters—are more of a problem than flatware, although it too can become a problem. A recent study conducted at Columbia University revealed that wine stored in lead crystal decanters can also absorb significant levels of lead. There is almost no lead in common layered glass dinnerware such as the Corelle brand made by Corning, and these have been excluded from California's legal action.

This news comes when the public is just starting to become aware of the danger of lead poisoning from old lead paint and putty around the house. Other sources also exist and should be checked, including soil, lead toys, and tap water. If you feel that your house may have unacceptable levels of lead, you can call your local health department and ask to have your home checked.

There are things you can do to protect your family, such as replacing old paint with the new non-lead kind, or ensuring that your child or grandchild doesn't play with lead toys. If you have lead in your pipes, letting the water run awhile after it has been shut off overnight can reduce lead in the water. Additionally, for drinking or cooking purposes, it is better to run cold water and then to heat it, than to use the hot faucet, as heat causes the water to retain more lead.

Although a fatal dose of lead is rare, the problems caused from lead can have disastrous and far-reaching effects. In many cases, lead poisoning causes no symptoms prior to irreversible damage, and when they do occur, the symptoms of fatigue, clumsiness, vomiting, dizziness, loss of appetite, headaches, abdominal pain, short attention span, and personality change are often misinterpreted as other common problems.

As the body is subjected to more and more lead, it begins to store it in the kidneys, brain, and nervous system. As it accumulates, it inflicts harm in all these sites and causes kidney failure, inhibits the blood-forming processes, and impairs the ability to learn, producing mental disorders. The main concern of therapy is to remove the source of lead from the environment.



"It says right here, Joe—prolonged exposure to the sun can be hazardous to your health."

Malignant Melanoma

Mr. and Mrs. Gerald Malky of Pittsburgh have helped many *Post* readers learn more about malignant melanomas.

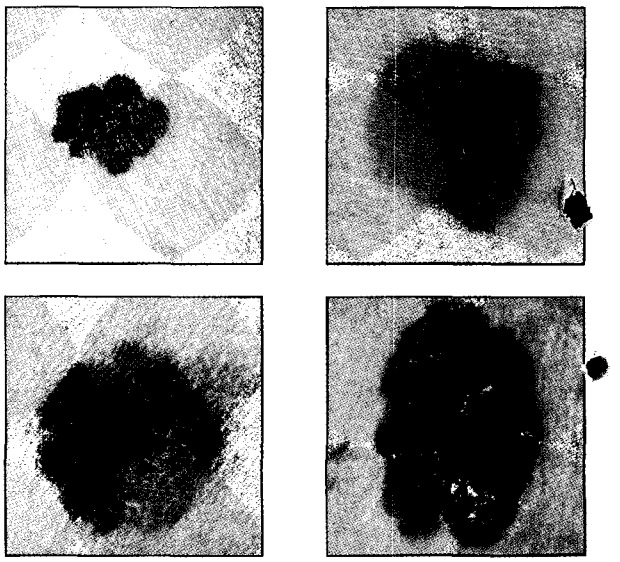
If caught early, malignant melanoma is relatively harmless; found late, it's a killer.

Our editorial staff thinks of Gerald Malky every time we write about malignant melanomas. We think we saved him twice. The first time was almost 20 years ago, when he found an errant mole on his back after comparing it to a picture in our Sept. '74 issue. Twelve years later, after reading a second article on melanomas in the *Post*, he discovered another affected mole. He has helped many *Post* readers, cautioning them that after a first, one should be doubly on the alert for more. He's now had his third removed.

A friend in Phoenix tells us that when she goes for her checkup, her physician parts her hair to look for melanomas on her scalp. Readers who live in the Sun Belt should be on the alert! The increase of ultraviolet radiation due to the depletion of the ozone layer is making sunbathing more hazardous.

Malignant melanoma incidents are on the increase. There has been a 50 percent rise in reported cases since 1973. It is predicted that 32,000 new cases will have developed in the United States during 1991 alone.

Catching a melanoma early is the best way to deal with the problem. If you have a mole that is suspect, you should see a doctor about getting it removed for a biopsy. As the case of Gerald Malky shows, you shouldn't let your vigilance drop after the operation, but should keep an eye open for any more that might develop. ✖



These malignant moles are asymmetrical, with irregular or blurred borders. They have mottled shades and may increase in size. A malignant melanoma can also develop a scaly crust and start to ooze or bleed.

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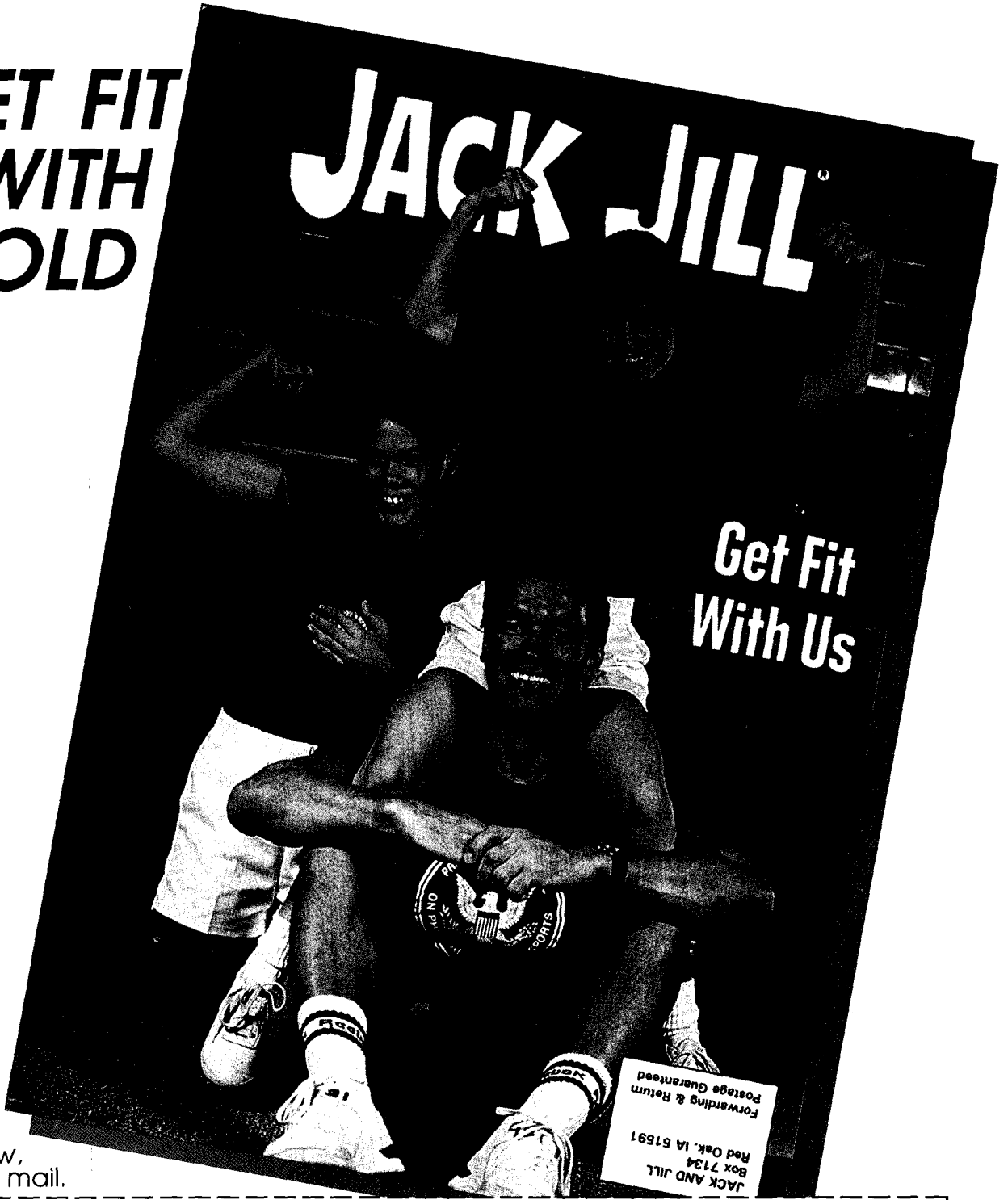

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Light and Lean Fish

continued from page 24

4-5 inches from heat source 6-12 minutes per inch thickness until fish is just opaque throughout.

While fish is broiling, heat additional oil in a large sauté pan over medium-high heat. Add remaining ingredients to pan. Thoroughly blend and stir 3-4 minutes until vegetables are heated through, but still firm in texture.

Portion fish on individual warm plates. Top each portion with sautéed vegetable mixture. Serve immediately.

Per Serving (5-6 oz. fish + 3/4-1 cup sauce):
Calories: 313 Sodium: 137 mg
Protein: 35.1 gm Cholesterol: 98 mg
Fat: 15.8 gm Carbohydrate: 8.8 gm

♥ ♥ ♥

Curried Tuna Salad

(Makes 6 servings)

3 cups hot cooked rice (no salt added)
1/2 cup frozen peas, thawed
1 to 2 cans (6 3/4 ounces) tuna (low-sodium), packed in water
3/4 cup chopped celery
1/4 cup sliced green onions
1 tablespoon capers (optional)
1/4 cup lemon juice
2 tablespoons olive oil
1/4 teaspoon curry powder
1/4 teaspoon hot sauce
Shredded romaine lettuce
2 medium fresh tomatoes, cut into wedges, for garnish

Combine hot rice and peas; toss lightly. Add tuna, celery, onions, and capers (if desired) in large bowl. Combine lemon juice, oil, curry powder, and hot sauce in small jar with lid. Shake well. Drizzle over rice mixture; toss lightly. Cover and chill 30 minutes. Serve on shredded lettuce and garnish with tomato wedges.

Per Serving (3/4 cup):
Calories: 252 Sodium: 170 mg
Protein: 17.6 gm Cholesterol: 51 mg
Fat: 9 gm Carbohydrate: 25.2 gm

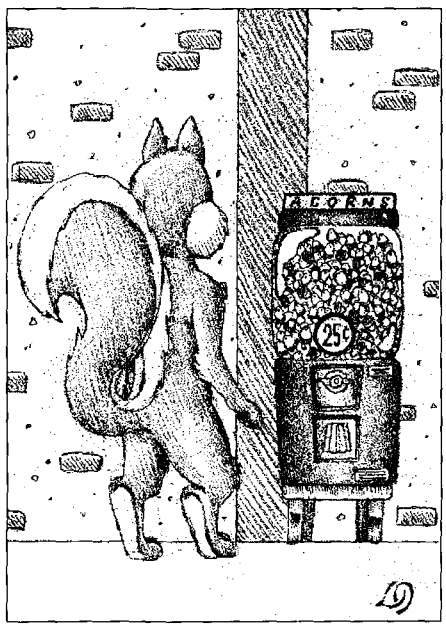
♥ ♥ ♥

Baked Stuffed Snapper

(Makes 4 servings)

1 red snapper (1 1/2 pounds)
2 cups hot cooked rice (no salt added)
1 can (4 ounces) sliced mushrooms, drained
1/2 cup diced water chestnuts
1/4 cup thinly sliced green onions
1/4 cup diced pimiento
2 tablespoons chopped fresh parsley
1 tablespoon grated lemon peel
1/8 teaspoon ground black pepper
Vegetable cooking spray
1 tablespoon melted diet margarine

Clean and butterfly fish. Combine rice, mushrooms, water chestnuts, onions, pimiento, parsley, lemon peel, salt, and pepper; toss lightly. Fill cavity of fish with rice mixture; enclose filling with wooden toothpicks soaked in water. Place fish in 13 x 9 x 2-inch baking dish that has been coated with



cooking spray; brush fish with margarine. Bake fish at 400° F 18-20 minutes or until fish flakes easily with fork. Wrap remaining rice in foil and bake in oven with fish.

Per Serving (1/2 cup rice + fish):
Calories: 310 Sodium: 263 mg
Protein: 37.6 gm Cholesterol: 63 mg
Fat: 4.6 gm Carbohydrate: 26.6 gm

♥ ♥ ♥

Green and Gold Fettuccine with Salmon or Tuna

(Makes 6 servings)

2 cans (6.5-7.5 ounces each) salmon or tuna (low-sodium), drained
2 tablespoons oil
2 cloves garlic, minced
1/4 cup minced fresh parsley
1/2 teaspoon dried oregano or 2 teaspoons minced fresh
1/2 teaspoon dried basil or 2 teaspoons minced fresh
8 ounces plain and/or spinach fettuccine, cooked and drained
2 teaspoons lemon juice
Coarsely ground black pepper
Blanched matchstick carrots, asparagus spears, or broccoli florets for garnish, if desired
Grated Parmesan cheese

Break salmon and/or tuna into large chunks; remove skin if desired. Heat olive oil in large skillet. Sauté garlic until golden. Add parsley, oregano, basil, and 1/4 teaspoon black pepper; sauté 30 seconds. Pour half of herb sauce over fettuccine; toss. Arrange on large, heated platter and keep warm. Add salmon and/or tuna with lemon juice to remaining sauce. Heat, stirring gently, until seafood is just hot. Spoon over hot fettuccine. Garnish with vegetables if desired. Serve with grated Parmesan cheese. (Recipe can be halved using salmon or tuna and plain or spinach fettuccine.)

Per Serving (3/4 cup):
Calories: 256 Sodium: 219 mg
Protein: 20.2 gm Cholesterol: 35 mg
Fat: 10.7 gm Carbohydrate: 28.3 gm

Taking Roots

continued from page 18

2 tablespoons cornstarch
3 tablespoons water

In wok, sauté onions and garlic in oil 5 minutes or until soft. Add green pepper and parsnips and cook, stirring, an additional 5 minutes. Add soy sauce, pineapple chunks with liquid, and vinegar and cook over medium-high heat until mixture boils. In small bowl, mix cornstarch with water and add slowly to parsnip mixture. Cook until thickened and bubbly.

Per Serving (3/4 cup):
Calories: 145 Sodium: 165 mg
Protein: 0.8 gm Cholesterol: trace
Fat: 4.8 gm Carbohydrate: 23.5 gm

♥ ♥ ♥

Root Vegetable Soup

(Makes 12 servings)

1 onion, chopped
3 cloves garlic, minced
4 ribs celery, chopped
1 zucchini, sliced
3 carrots, sliced
1 parsnip, peeled and sliced
1 rutabaga, peeled and chopped
1/2 pound green beans, chopped (about 2 cups)
1 turnip, peeled and diced
1 cup chopped beet greens
1 cup fresh or frozen corn kernels
1 bay leaf
6 cups vegetable or chicken broth (low-salt)

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In large pot, sauté onion, garlic, and celery in oil for about 8 minutes over medium heat or until soft. Add remaining ingredients, cover, and reduce heat. Simmer, stirring occasionally, 30-40 minutes or until all vegetables are tender. Remove bay leaf.

Per Serving (1 cup):
Calories: 57 Sodium: 62 mg
Protein: 2.7 gm Cholesterol: trace
Fat: 1.2 gm Carbohydrate: 8.5 gm

♥ ♥ ♥

Marmalade Beets
(Makes 4 servings)

5 small beets, 1-inch stems left on
¼ cup orange marmalade
1 teaspoon apple-cider vinegar

In saucepan, cover beets with water and simmer over medium heat for 30 minutes or until beets can be pierced easily with fork. Cool beets and remove stems and skins. Slice thinly and return to saucepan. Add marmalade and vinegar and cook over low heat, stirring, until bubbly.

Per Serving (½ cup):
Calories: 153 Sodium: 80 mg
Protein: 2.1 gm Cholesterol: 0 mg
Fat: 0.2 gm Carbohydrate: 35.8 gm

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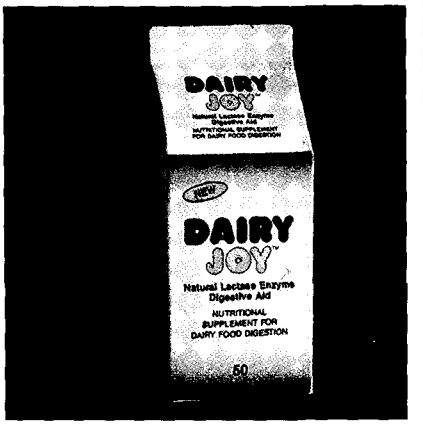

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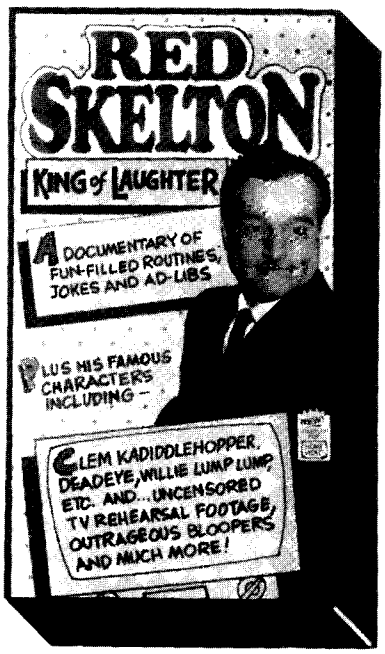
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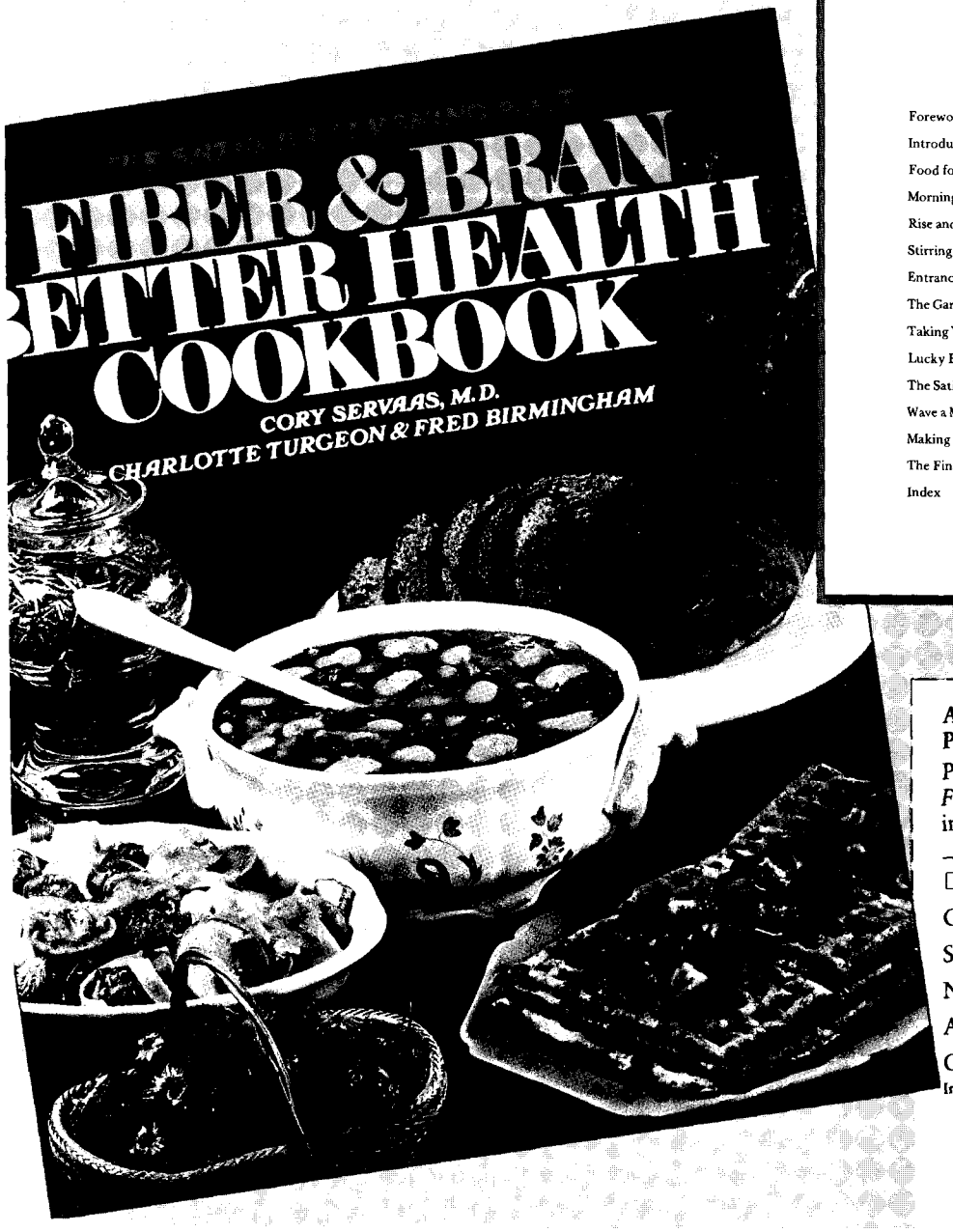

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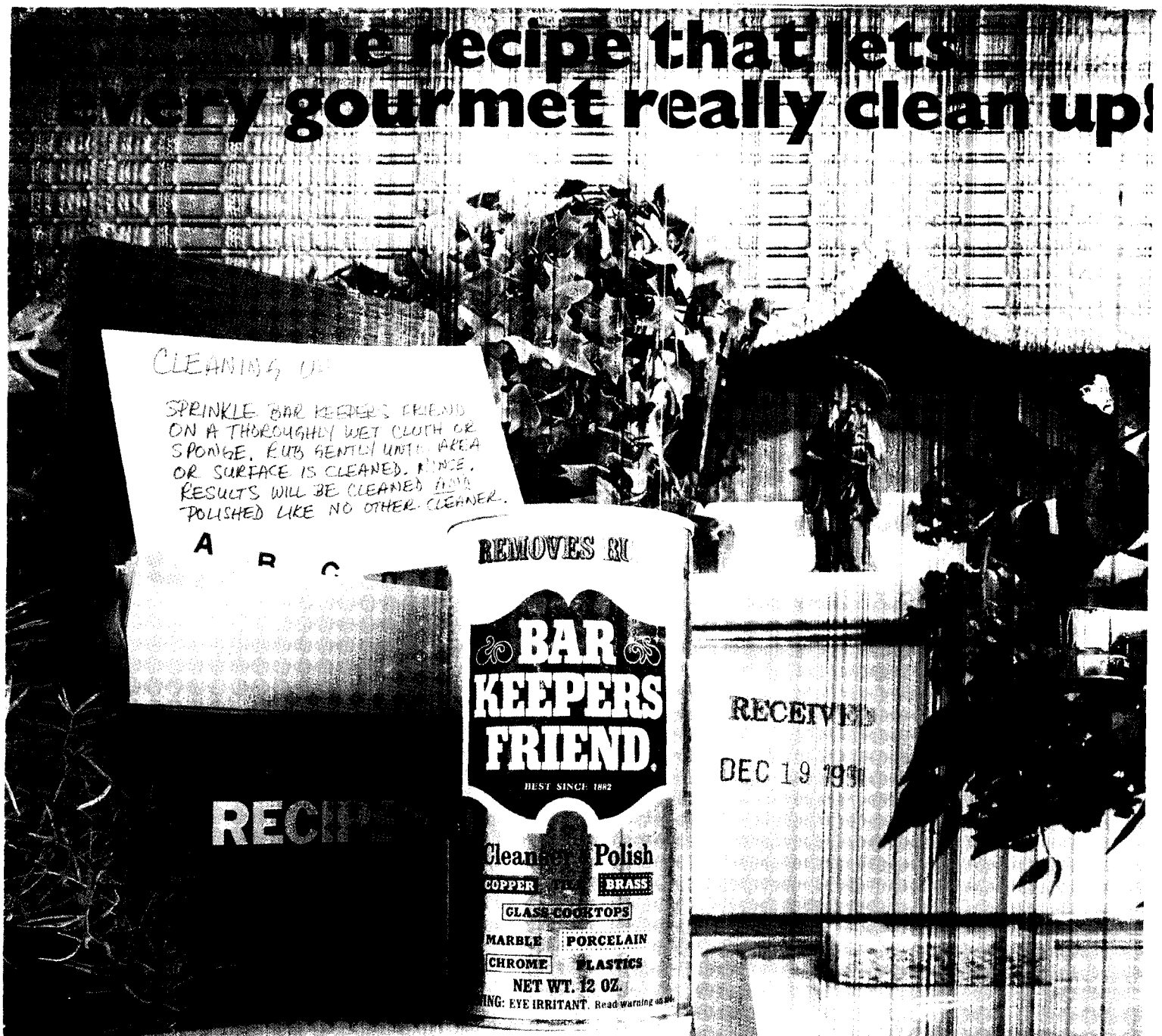

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